

21 DAYS

SABBATH

TIME NEEDED: 7 minutes - 7 hours

WHAT

The Swiss theologian Karl Barth once wrote: 'A being is free only when it can determine and **limit** its activity.'

By that definition, I have a hard time counting many free beings among my acquaintance. I know people who can do five things at once who are incapable of doing nothing ... I know that saying **no** is more of a spiritual practice than tithing -The problem is, **limiting my activity does not feel holy**. Doing more feels holy which is why I stay so intrigued by the fourth commandment:

"Remember the Sabbath day and keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath ... For in six days the Lord made heaven and earth ... He rested on the seventh day; therefore the Lord blessed the Sabbath day and hallowed it."

Exodus 20:8-11

- Barbara Brown Taylor

WHY PRACTICE THIS?

When we cultivate the habit of Sabbath, we remember how God is present, caring for us. We are not the center of the universe nor will the universe crumble if we take a day to renew in the presence of our God.

HOW

Each week set aside time and label it Sacred Time. During this sacred time, do nothing but what brings you joy and refreshment and renewal in the presence of God. Sabbath can happen with others. Sabbath can happen without others. Sabbath is stopping the normal routine long enough to linger in the presence of God, enjoying this life and world with God.

During this 21 DAYS challenge, consider a daily 'mini Sabbath' of 7 minutes each day instead of one big chunk of time on the weekend. Everyday, step away from everything for 7 minutes and deeply enjoy the presence of God with you, restoring and renewing you.

TO DO FOR 21 DAYS:

Choose this practice each day for 21 days

- Perhaps keep track of how this practice is affecting your life and wellbeing during the 21 DAYS by making notes in the Habit Share app.
- FYI: Keeping a written record of your practice helps the habit formation process for it provides useful data for you to reflect on and learn from at the end of the experience.