



Sabbath Year 2019

What is Sabbath Year?

A monthly commitment to practice the ideas of Sabbath as an individual while being supported and encouraged by the community of CCTO. As a year-long spiritual discipline this commitment will provide an opportunity to rest from work, and ultimately to draw nearer to both God and others.

The Time Commitment?

While Sabbath is traditionally a once per week commitment, we will encourage you to set aside one 24 hour day per month. Some options for that timeframe and day of the week...

- A full day from morning until you sleep that night
- Evening meal one day until just prior to the evening meal the following day (sunset to sunset)
- If necessary, a partial day with a designated timeframe
- Some might consider more frequent Sabbath days, up to and including weekly
- Choose any day of the week. You might consider Sunday because worship is already part of the day

What to Include & Deny?

“Lots of rest and a few habits to nurture intimacy with God and others”

1) No work for pay

- Enjoyed forms of labor ok (gardening, construction, art, etc.)
- Necessary chores ok (household, parenting, etc.) but minimize what you can including unnecessary chores. In other words, don't see this as free time to get stuff done!

2) No purchasing

NOTE: This is a mindset. It's a day to cease from thinking about to do lists, what I don't have, what I do need, or where I'm falling short. It's about setting aside our anxieties and being free from anything that enslaves us. It's about being content and grateful!

3) Time with God in study, silence, solitude, and prayer

4) Time in relationship with others: Consider practicing Sabbath with someone (spouse, family, friend) Share a meal with family or friends (or a hike, an activity, etc.)

Other Options to Consider:

- Limited use of technology and utilize only uplifting forms of entertainment
- Enjoy nature
- Worship & Notice God (both traditionally and using new/creative forms of expression)
- Serve others
- Read (please see me for Christian growth related suggestions)
- NO LEGALISM

Sabbath Year Devotional

Each month you will have access to a devotion to be used during your Sabbath day in order to help facilitate time spent in solitude, silence, and prayer with God. There are two options:

- 1) We have 10 devotions specifically related to Sabbath that include creative worship ideas, scripture study, quotes, and more. If you are new to Sabbath Year we encourage the use of these devotions each month.
- 2) In 2019 our new devotion series will feature the Psalms. A new Psalm will be given each week to both study and use in meditation. A special emphasis will be placed on using the language and images of each Psalm to also write your own psalm/prayer to God.

Community Commitment & Encouragement

Sabbath should be experienced as a community! Therefore, we encourage you to choose and communicate your Sabbath day in advance. Chosen days will be passed along to others for a sense of shared experience and to foster prayer. An email will be sent prior to each month to collect dates.

Preparation

Because Sabbath involves a full day of practices contrary to our normal routine, preparation might be necessary to help enable you to fully experience the rest intended for the day.

Finally, it's important to note that when people speak of the benefit of Sabbath, they are often referring to its benefit over time. Commit to a regularly scheduled day throughout 2019 and watch for what God teaches you over the entirety of the process. Consider choosing one or two routines or disciplines that you practice each Sabbath day, even if that discipline includes regularly trying something new. Most importantly, enjoy your time with God and others.

Thank you for joining Sabbath Year and please contact me at anytime with questions at marty@ccto.org.

Specific Sabbath Sources

- Sabbath Keeping: Lynne M Baab
- The Sabbath: Abraham Joshua Heschel
- Sabbath as Resistance: Walter Brueggemann