

Sabbath Spiritual Practice

June 10-16

The Sabbath walk is one of the most beloved activities of those who observe Sabbath. Walk slowly and silently with no purpose or destination in mind. Let your senses become attuned to your surroundings. Whenever you notice something in particular, a leaf, a colorful insect, a sweet fragrance, stop and observe. Ponder why this particular thing may have caught your attention and how God may be using it to start a conversation with you. What does this thing you noticed have to say to you? When your curiosity is satisfied, move along again. Follow your own rhythm of stopping and starting and pondering.

With children, but also for yourself, take a cellphone or camera along and silently take pictures of the things you notice, things that remind you of God. I once went out on a Sabbath walk carrying my camera with a zoom lens. I saw a white spot on a tall mountain and as I zoomed in, I discovered a niche in the face of the rock, and in that niche was the face of a barn owl staring back at me. I stood in silent reverie for a long time and pondered the way God's presence is hidden from us, yet always watching. Let God surprise you.