

Sabbath Spiritual Practice

June 3 - June 9

One way to observe Sabbath is to ask at the beginning of the day and throughout it, “What is God inviting me to do today?” God is not a taskmaster and may invite us to do things we would not give ourselves permission to do. Another way to think of it is “wasting time with God.” My first Sabbath experience was a silent retreat where the question of God’s invitations guided the activities we chose. At one moment God’s invitation was simply to take a nap, curled up with a soft comforter. Sleep is a sign of trust, that we finally feel safe enough to surrender to our weariness. Later the invitation was to walk along a stream in silence.. It was not simply something I felt like doing, but something I was sharing with God. At the end of the time, I felt more energized than I had ever felt. Rest is something that cannot be learned from reading about it — we have to experience it.

Ask children what is the most restful place they can imagine and let them describe it in detail. Maybe it is under a tent made of blankets or in a hammock on the porch or on the bed inside a pillow fort with all their favorite stuffed toys. Help them create their restful spot and have them spend some time in it so that the adults can have time to respond to their invitations from God.