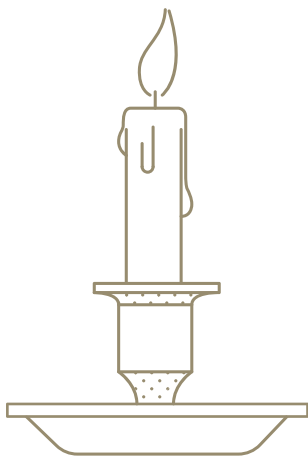


# PRACTICING SABBATH



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## **STOP WORK**

Sabbath is a 24-hour period to turn off productivity and turn off phones — a prophetic act by which we declare, “My identity is not found in what I do, what I know, or how I manage my image.”

## **ENJOY REST**

You may find the practice of Eucharistean life-giving, in which you reflect on the previous week with others and thank God for different moments, finding how He was present.

## **PRACTICE DELIGHT**

At first, Sabbath is fun, exciting, and effortless. But a few weeks in, you may get depressed. What may be happening is something like a detox from busy life. Stay the course... on the other side, there remains a deeper delight.

## **CONTEMPLATE GOD**

Sabbath is a day we train our bodies, minds, and spirits to be in constant union with God. There is no one way to do this, but silence is very important. Sit before God, hands open and heart open to receive from Him.

## **SUGGESTED RITUAL FOR STARTING SABBATH**

Light a candle and recite this Hebrew blessing:

“Blessed are you, Lord our God, King of the universe, who has sanctified us with His commandments, and commanded us to light the candles of Shabbat.”