

Lesson 7: Sabbath Basics

(Video Transcript)

Hello my name is John Arnold. Welcome to another Time to Change video by The Practical Disciple, today we are going to be talking resting and taking a Sabbath. I can almost hear a little voice in your head saying, "I have no way I can talk a day off and rest." What I want to impress upon you is that **you cannot afford to not rest** or not take a sabbath. When you do not take a Sabbath, when you do not rest the result is a lack of focus. It can result in fatigue, illness, depression. Your creative ability will drop. Your ability to sleep will often times suffer from it.

You need to rest. You cannot not rest. Everything in nature...I began this mini-series by saying everything that God has created has a rhythm to it and part of that rhythm includes rest. The day, the seasons, plants, animals they all observe rhythms and all of those rhythms include a period of rest. It seems like the only thing out there that isn't doing that is people. We are going, going, going, going, going mad dash all the time and then we crash and we burn. We want to avoid that. We are trying to get balance back in our lives.

Okay, so that said. What do I mean by a Sabbath? What does it look like? **Biblically a Sabbath has two characteristics. It is to be holy** and the word "holy" means set apart for God and **it is to be a time of rest.** So, my Sabbath when we lived in Hot Springs was on Monday mornings and what I would do was, I would drive out to a sit spot in nature that was really restorative to me. I would walk around for about a half an hour or so and I would wander my way to a sit spot I had...a little anchor point along the edge of a pond. I would take a full hour and I would pay attention to my senses. Let go of my thoughts and pay attention to my senses until my mind had quieted and I got to a peaceful place before God. And then, I observed a prayer time that I had kind of a flow too. I had a pattern to. Then when I was done with that I would take about a half hour and wander back to my car. That would take me a good...oh, at least a couple of hours, but often times I took a half a day...three or four hours.

What I found was that when I did it consistently, when I guarded it and protected it, I was so much more productive the whole rest of the week that I could hardly put words to the difference it made. So, once again I will repeat what I said at the beginning, "You cannot afford not to rest." **If you will take time for a Sabbath and if you will take time to rest, I can guarantee you that you will be more creative. You will be more productive. You will make better decisions.** And if you **keep it holy**, if you include prayer and corporate worship as a part of it and keep it at the heart of it, **you are going to have a growing intimacy with God.** When that happens the Holy Spirit will lead what you do and how you do it and you are so much more joyful and so much more productive. **You make less stupid decisions and mistakes when you are rested and you are plugged into God and you are listening.**

So, that is my tip for today, **you have got to have time for rest and Sabbath.** I would challenge you to do two things right now. I would challenge you to take out your day timer and figure out what day you are going to take and you are going to create a Sabbath on. If it is Sunday, that is great. Do it. If you can't do it Sunday because you have to work...you have a job that keeps you from doing that...pick out another day. If you don't think you can do a whole day, then start with a half day. If you don't think you can do a half day, then start with an hour you are going to set aside. I really think you need a whole day though. I know that from my own experience. Lastly, I want to give you this challenge. **Today, before the day is over, I want you to give yourself a mini-sabbath.** Take 20 minutes and go sit somewhere where no one is going to interrupt you. Leave your self phone someplace else. For twenty minutes just quiet your heart, and your mind and just sit quietly before God. And take some time and pray and give thanks for the day and adore God for about 20 minutes. Just do that today this one time. **It will reset your system.** And you will be a more productive happier person if you do it regularly.

Well alright. That's it. I look forward to seeing you in the next video and I hope a great rest comes upon you, so that the peace of God abides with you in all that you do.