

s a b b a t h

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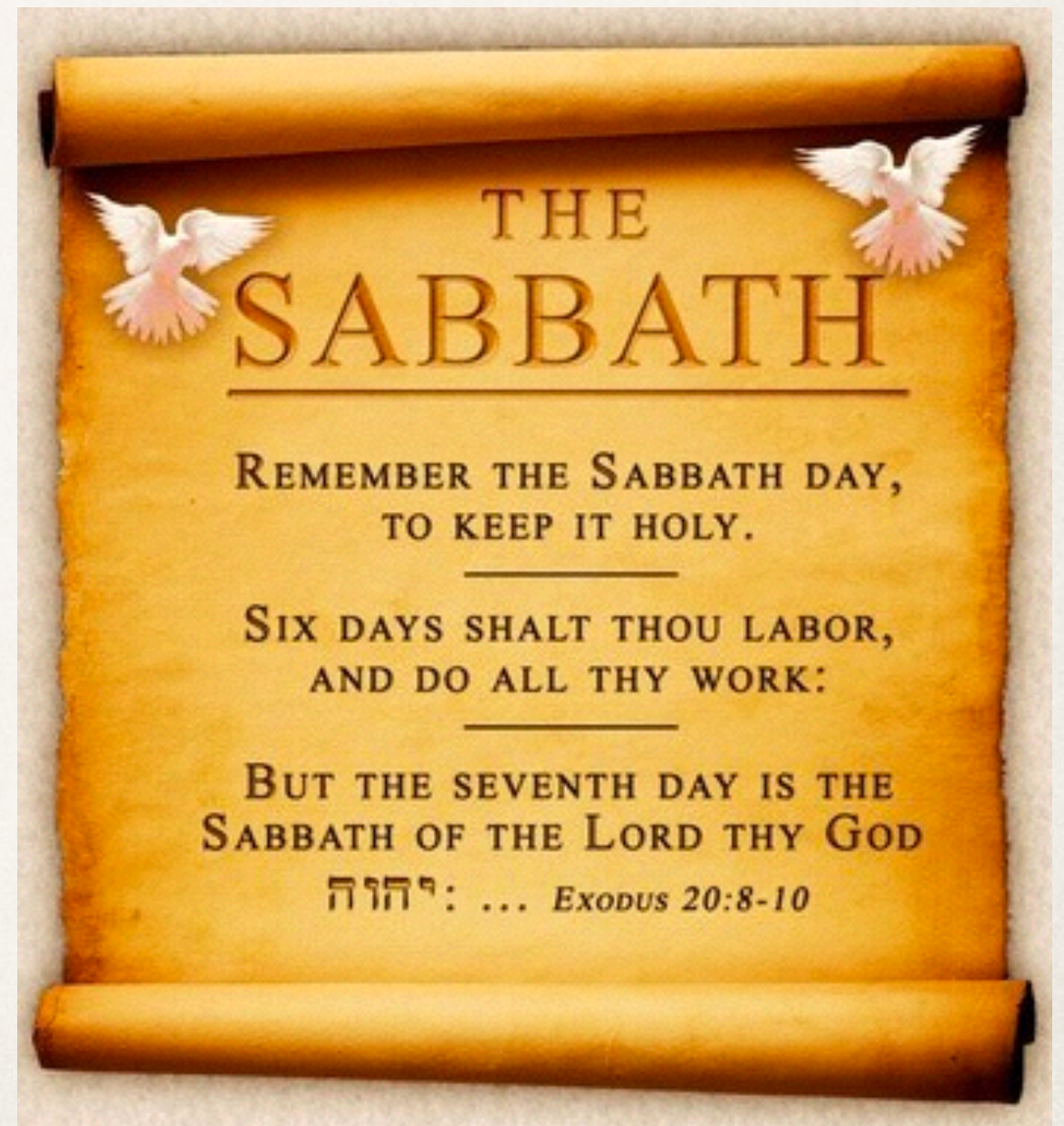
The Elusive Art of Sabbath Keeping

Helping Global Workers Thrive

Midwest Conference on Missionary Care - February 2019

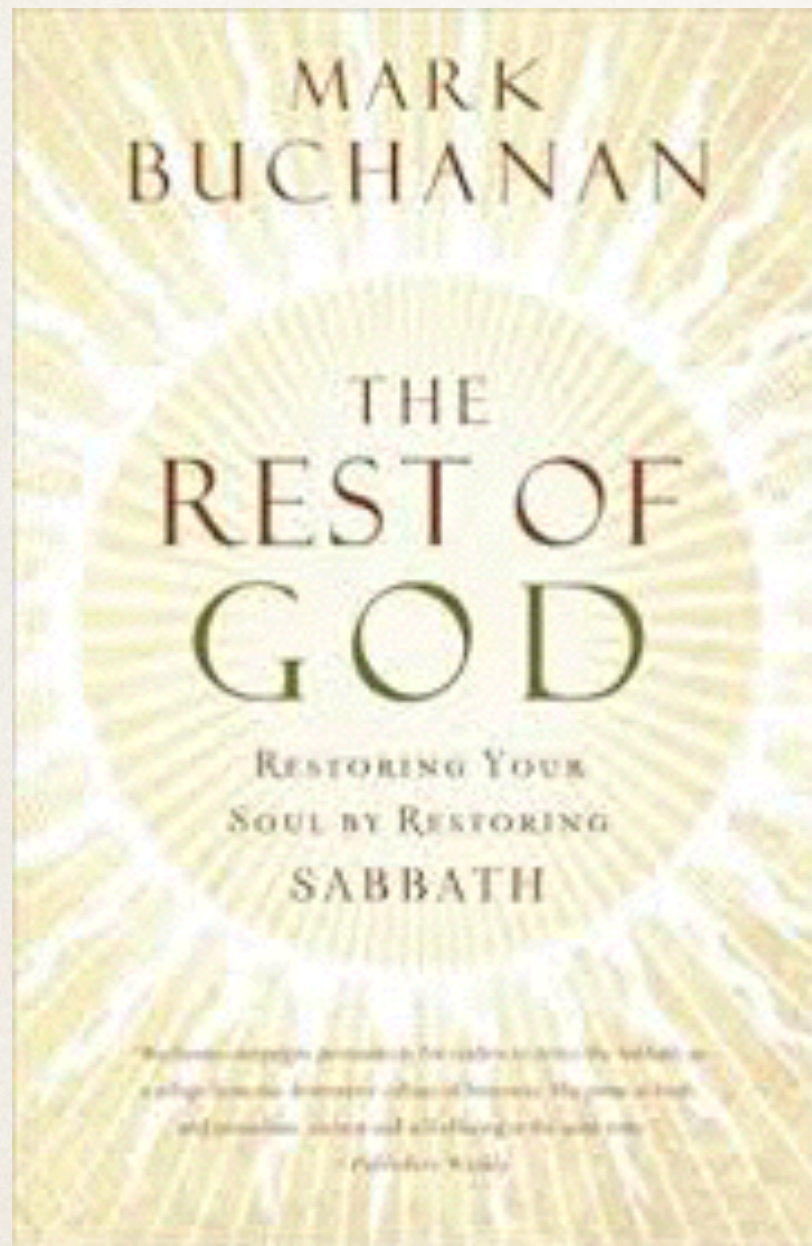
Sabbath...What is it?

- ❖ It's a commandment
- ❖ It's a day of the week
- ❖ It's an active verb...meaning to cease, to desist or to rest.
- ❖ Some call it a discipline
- ❖ Some feel it means, "saying no"
- ❖ Some believe it is the day that you go to church to worship



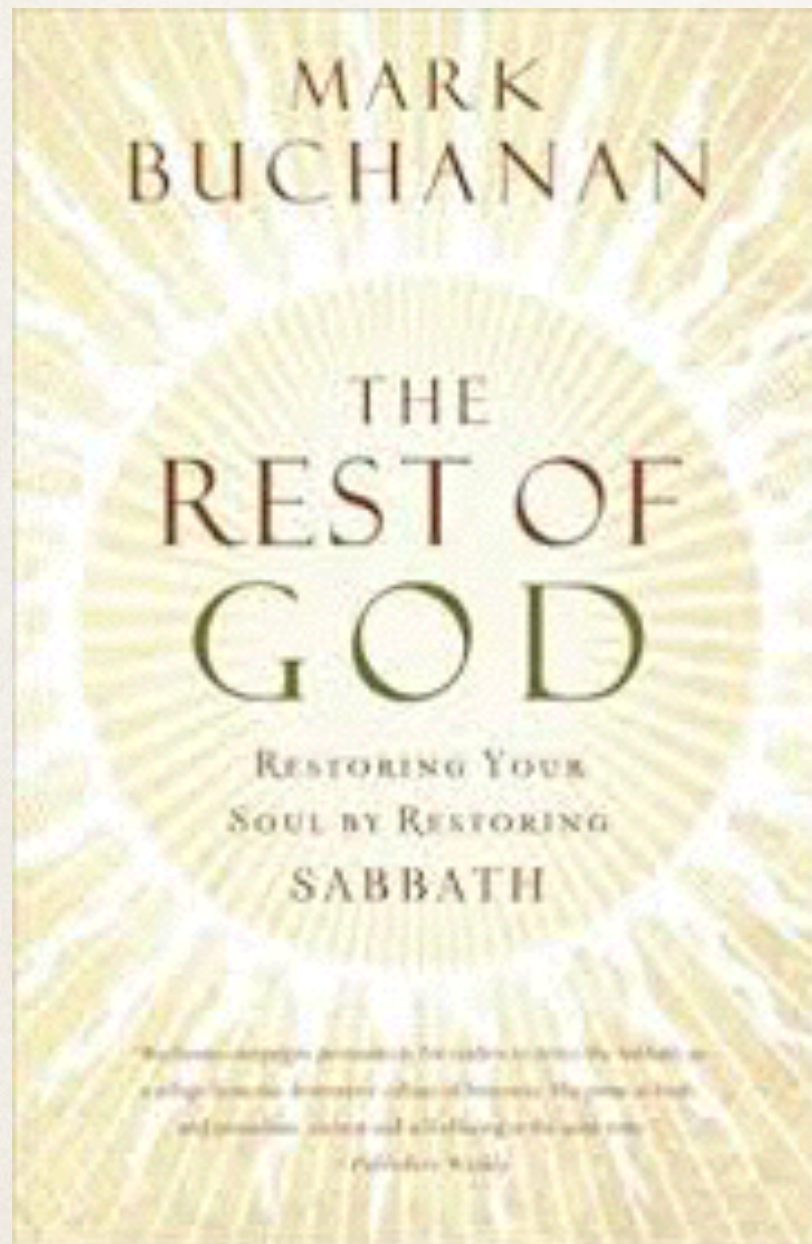
Sabbath Keeping

A Matter of the Heart



“When I say Sabbath, I also mean an attitude. It is a perspective, an orientation. I mean a Sabbath Heart, not just a Sabbath day. A Sabbath heart is restful even in the midst of unrest and upheaval. It is attentive to the presence of God and others even in the midst of much coming and going, rising and falling. It is still and knows God even when mountains fall into the sea. You will never enter the Sabbath Day without a Sabbath Heart. “

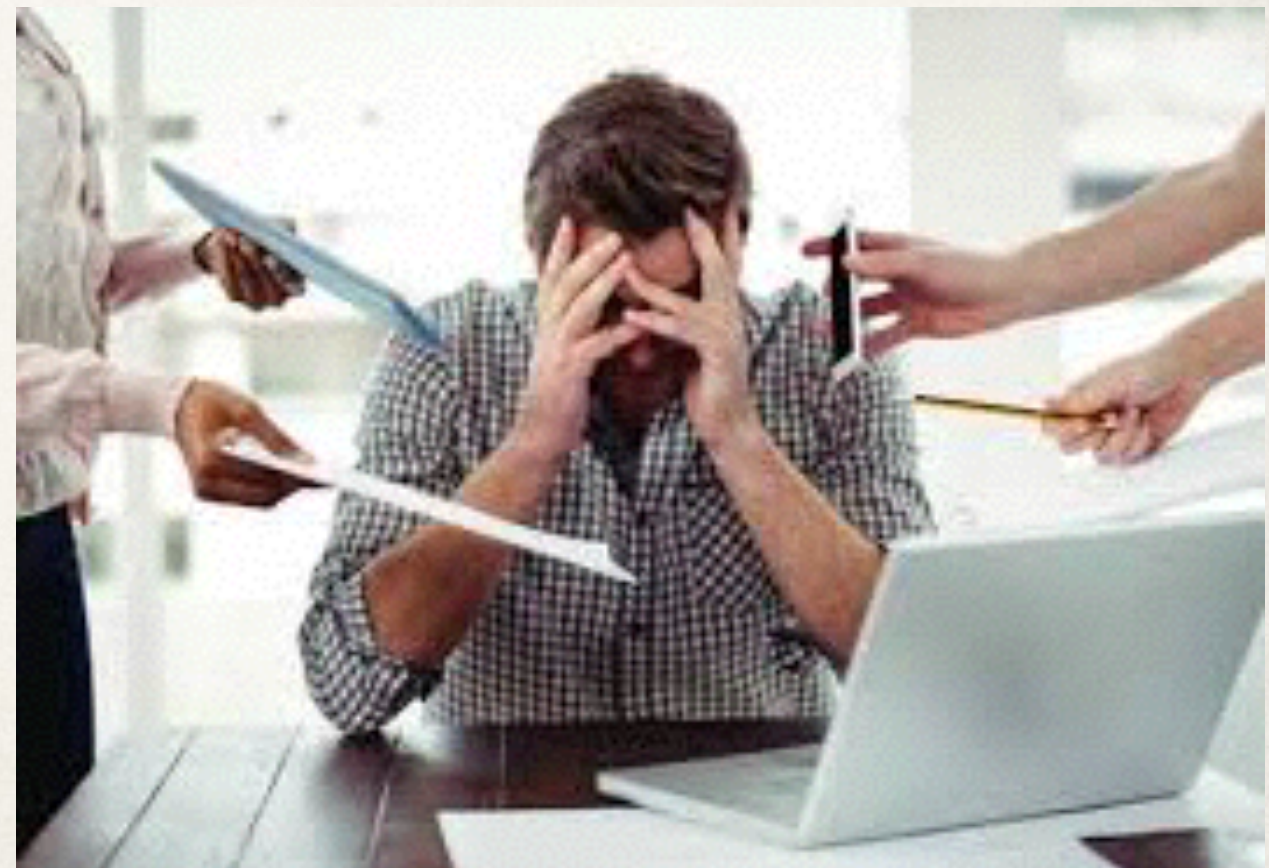
The Core of Sabbath



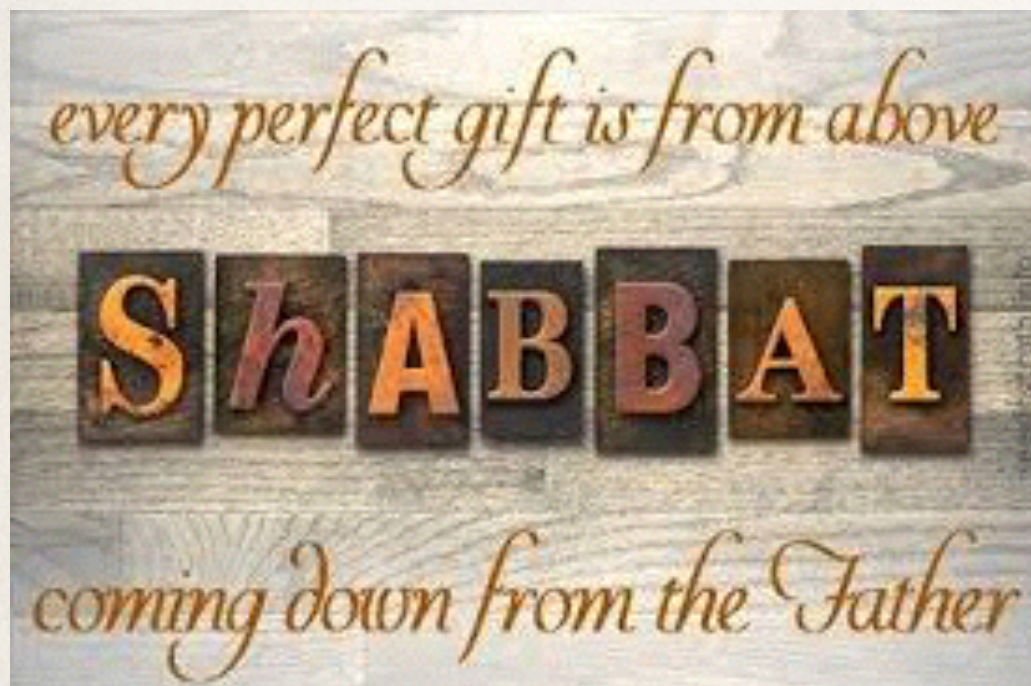
- ❖ It is RECEPTIVE...a mode of receiving rather than producing
- ❖ It is ATTENTIVENESS...we start to notice things that we've ignored, we notice our own heart, our spouse, our children, our neighbor

The Addiction of Busyness

- ❖ “How have you been?” - “I’ve been so busy.”
- ❖ Why are we so addicted to busyness?
- ❖ What are some of the things in our lives that influence our busyness?
- ❖ What are some of the things in the lives of your missionaries that influence their busyness?
- ❖ What are the results or dangers of busyness?



Sabbath...An Invitation...A Gift!



- ❖ God's provision to help us thrive
- ❖ God's way of protecting us from our addiction to produce
- ❖ God's gift to help us gain perspective
- ❖ God's reminder that He built us for rhythm

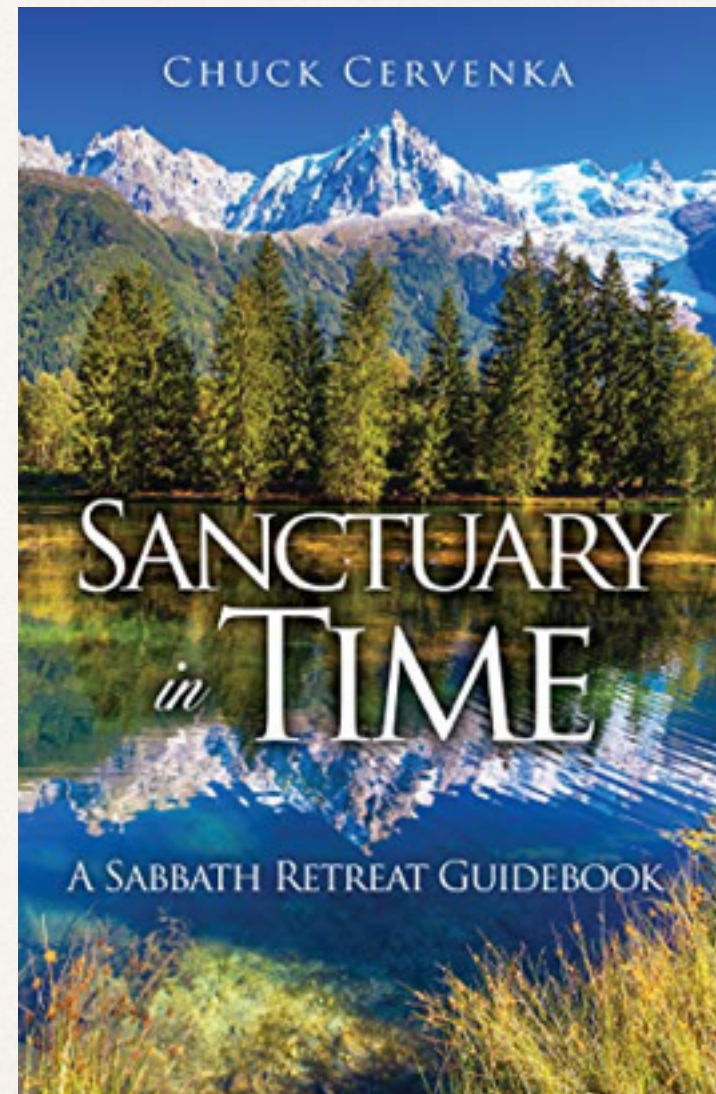
What advice can you give to churches, mission committees, and even mission organizations that can be helpful with the Art of Sabbath Keeping?

- ❖ Give permission - Communicate to your workers that it is okay to rest
- ❖ Be engaged in the life of your worker; be observant to signs of exhaustion, burnout, weariness
- ❖ Be generous - Provide resources for your workers to get away; encourage sabbath rest / retreat
- ❖ “Guard your heart for it is the wellspring of life” - Proverbs 4:23

Sanctuary in Time

A Sabbath Retreat Guidebook

- ❖ A Time of Anticipation
- ❖ A Time of Recalibration
- ❖ A Time of Self-Examination
- ❖ A Time of Discovery
- ❖ A Time of Joyful Submission
- ❖ Postlude: A Time to Re-enter



<http://calvarycommunity.net/events/2019/05/05/men-s-sabbath-in-the-smokies>