



Sabbath

A YEAR OF LIVING INTO SABBATH

For each month of the year, we will focus on one particular aspect of Sabbath, fleshing out each week in that month what that aspect means. In order to help make it concrete, we will develop “micro-liturgies” for the congregation to try. These will be simple practices that will help us all try it on and live it out.

August - A Theology of Sabbath

- * A Sanctuary in Time
- * A Gift from Heaven
- * A Design of Creation
- * A Sign of Redemption
- * A Foretaste of Consummation

September - Ceasing

- * From Anxiety
- * From Work
- * From Franticness
- * From Commodification

October - Resting

- * Spiritually
- * Physically
- * Emotionally
- * Socially

November - Renewing

- * By Being Still
- * By Consecrating Life

December (Advent)

January - Resisting

- * Technological Tyranny
- * Enslaving Expectations
- * Environmental Exploitation
- * Dehumanizing Drivenness
- * Systems of Oppression and Marginalization

February - Delighting

- * By Feasting
- * By Playing
- * By Sensing
- * By Celebrating

March - Anticipating

- * Eternity
- * Freedom
- * Shalom
- * Communion
- * Resurrection (April 4 - Easter)

April/May

- * Through shepherding, teaching in CE, and/or a workshop, help those in the congregation develop a “rule of life” that will solidify a Sabbath rhythm into their life.
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