

# EMBRACING THE SABBATH CYCLE:

## Finding Rest in the Modern World



*Genesis reveals God's creation of the heavens and earth in six days, followed by His rest on the seventh, blessing and sanctifying it. (Genesis 2:2-3)*

### BACKGROUND

In our fast-paced and demanding lives, finding time for rest and rejuvenation is crucial for maintaining our well-being and aligning ourselves with God's plan. A study by the World Health Organization revealed that excessive work hours contribute to increased stress, burnout, and a decline in overall mental and physical health. Adopting a Sabbath cycle, where we set aside a day for rest, family, and spiritual nourishment can bring balance and renewed energy to our lives.

### ACTION STEPS



#### Understand the Purpose

Familiarize yourself with the biblical concept of the Sabbath. It is not merely a day off from work but a dedicated time to rest, connect with God, and prioritize meaningful relationships.

#### Choose a Sabbath Day

Select a specific day each week to observe as your Sabbath. While traditionally, Sunday is the Sabbath, choose a day that aligns with your schedule and allows you to disconnect from work and other obligations.

#### Disconnect from Work

Create a clear boundary between work and rest. Avoid checking work emails or engaging in work-related activities. Allow yourself to fully detach and focus on recharging your mind, body, and soul.

#### Enjoy Restorative Activities

Spend time with loved ones, engaging in activities that bring you joy. Dedicate time for prayer, reading Scripture, and attending church. Enjoy activities that replenish your energy.



### TAKEAWAYS FOR SUCCESS

By embracing the Sabbath cycle, you honor God's commandment to rest and experience the benefits of intentional rejuvenation. Observing a Sabbath cycle is not about rigid rules but finding proper rest in a busy world, creating space for uninterrupted time with loved ones and God.