

SABBATH. It's a word we don't hear too much about these days, but to the Jewish people during Old Testament times it was a dominant element in their culture. Once a week they would stop all other activity to rest, reflect on God, and intentionally restore their souls in Him. In the New Testament era, observing the Sabbath as a command is the only one of the Ten Commandments not reinforced for the church. However, the principles that were contained in the Sabbath run throughout the New Testament. Perhaps some could take a whole day to experience Sabbath but for others a Sabbath lifestyle can be cultivated by simply adding it to your daily schedule. Begin by setting aside 5 minutes a day and gradually increase this over time. First, turn off all forms of distraction—phones, computers, TV and music. This is to be done alone and in complete silence. Quiet times with God usually consist of bible reading and prayer. This is an additional exercise that is designed to nurture your relationship with Jesus. Begin by slowly breathing in and out. When you inhale, picture yourself allowing God to enter your soul, and on the exhale picture yourself emptying yourself from the stuff and distractions of the past few days.

Then spend 1 minute to begin with on each of the following:

- Reflection on the goodness and greatness of God

[Breathe—in and out slowly]

- Review your past since your last Sabbath break for times God showed up in your life

[Breathe—in and out slowly]

- Talk to God about the condition of your soul as it is right now

[Breathe—in and out slowly]

- Acknowledge whatever issue or concerns came up during this time and end it with the simple prayer "God I am open to you and your will."

Well done

[Click here for the teaching on this subject.](#)