

Spiritual Disciplines: Sabbath

Questions for personal & communal contemplation and engagement based on the sermon 'Solitude': (<https://histonbaptist.org.uk>)

1. What has been your experience of Sabbath? *Positive, negative, mixed or non-existent?*
2. Do you practice Sabbath at the moment? If so, what does this look like? If not, why not?
3. What stood out to you in the sermon on the origins and practice of Sabbath? Has this changed the way you see Sabbath?
4. How might you bring the practice of Sabbath into your life, or make changes to your current Sabbath keeping?

Perhaps you want to learn more about Sabbath before you try it.

There are many books out there, but I would recommend starting with '*The Ruthless Elimination of Hurry*' by John Mark Comer.

Though this book isn't solely on Sabbath it sets the scene for its importance in a world that doesn't stop.

John Mark Comer also has online teaching/resources to help you foster your spiritual disciplines, you can find the one on Sabbath

here: [The Sabbath Practice — Practicing the Way](https://practicingtheway.org)

(practicingtheway.org)

If you are keen to go even deeper in study, then I would recommend the following books (*though there are many more!*):

- *Sabbath as Resistance* – Walter Brueggemann.
- *Subversive Sabbath* – A.J. Swoboda
- *The Sabbath* – Abraham Joshua Heschel (a classic!)
- My Dissertation: '*Making A Meal Of It*' (*happy to send a copy on request*)