

How Healthy Is Your Practice of Sabbath?

Use the list of statements that follow to do a brief assessment of your practice of Sabbath. Next to each statement, write down the number that best describes your response.

Use the following scale: 5 = Always true of me
4 = Frequently true of me
3 = Occasionally true of me
2 = Rarely true of me
1 = Never true of me

- _____ 1. I regularly practice Sabbath by setting aside a twenty-four-hour period in which I stop my work and rest.
- _____ 2. Sabbath provides a healthy boundary and limit around my paid and unpaid work.
- _____ 3. I take time on my weekly Sabbath to delight in God's innumerable gifts (e.g., people, beauty, hobbies, nature, food, music, etc.).
- _____ 4. I view Sabbath as a day to practice eternity and taste the ultimate Sabbath rest when I see Jesus face-to-face.
- _____ 5. I practice Sabbath as a prophetic, countercultural act that resists the culture's value that defines me by what I do rather than who I am (i.e., God's beloved child).
- _____ 6. I am comfortable letting go of my responsibilities on Sabbath, fully trusting God to run the world and build his kingdom without me.
- _____ 7. I find my identity primarily in God's love rather than in my work or my role in society.
- _____ 8. I often receive unexpected insights and discernment during Sabbath.
- _____ 9. I apply my Sabbath guidelines of stop, rest, delight, and contemplate to extended vacations and holidays.
- _____ 10. I intentionally prepare and plan for Sabbath so that I have the time and space to focus on God's love coming to me through the many gifts from his hand.

Take a moment to briefly review your responses. What stands out most to you? On the other side are some general observations to help you better understand where you're at as you consider your next steps.

How Healthy Is Your Practice of Sabbath?

Use the list of statements that follow to do a brief assessment of your practice of Sabbath. Next to each statement, write down the number that best describes your response.

Use the following scale: 5 = Always true of me
4 = Frequently true of me
3 = Occasionally true of me
2 = Rarely true of me
1 = Never true of me

- _____ 1. I regularly practice Sabbath by setting aside a twenty-four-hour period in which I stop my work and rest.
- _____ 2. Sabbath provides a healthy boundary and limit around my paid and unpaid work.
- _____ 3. I take time on my weekly Sabbath to delight in God's innumerable gifts (e.g., people, beauty, hobbies, nature, food, music, etc.).
- _____ 4. I view Sabbath as a day to practice eternity and taste the ultimate Sabbath rest when I see Jesus face-to-face.
- _____ 5. I practice Sabbath as a prophetic, countercultural act that resists the culture's value that defines me by what I do rather than who I am (i.e., God's beloved child).
- _____ 6. I am comfortable letting go of my responsibilities on Sabbath, fully trusting God to run the world and build his kingdom without me.
- _____ 7. I find my identity primarily in God's love rather than in my work or my role in society.
- _____ 8. I often receive unexpected insights and discernment during Sabbath.
- _____ 9. I apply my Sabbath guidelines of stop, rest, delight, and contemplate to extended vacations and holidays.
- _____ 10. I intentionally prepare and plan for Sabbath so that I have the time and space to focus on God's love coming to me through the many gifts from his hand.

Take a moment to briefly review your responses. What stands out most to you? On the other side are some general observations to help you better understand where you're at as you consider your next steps.

Understanding Your Sabbath Assessment

Below are some observations to help you reflect on your responses from the other side.

If you scored mostly ones and twos: You probably are working more than God intends, perhaps without even a consistent day off. Your body, mind, and spirit were built for a rhythm of work and Sabbath, which is something you desperately need, I encourage you to carefully ponder the Scriptures around Sabbath and to prayerfully consider their implications for your personal life, and your work within society. You may want to begin with a 12-hour Sabbath and expand from there.

If you scored mostly twos and threes: You have likely begun the journey toward a healthy rhythm of balancing work and Sabbath. You have the ability to let go and set boundaries around work, understand your identity is not built on your work, and enjoy God's gifts. With this foundation, you have what you need to experience a rich and powerful Sabbath that will inform the other six days of the week. I encourage you to think through -- theologically and practically -- the nature of Sabbath. You may also want to talk with a friend or use a journal to explore the roots of any obstacles or resistance you feel to practicing Sabbath.

If you scored mostly fours and fives: You are wonderfully positioned to deepen your experience and enjoyment of the riches God offers in Sabbath. You are ready to more clearly articulate the theological underpinnings and the practical nuances around Sabbath to those around you -- and perhaps to a larger group as well. I encourage you to invest the necessary time and energy to equip yourself more fully so you can break new ground helping others practice Sabbath delight as a core spiritual discipline.

Understanding Your Sabbath Assessment

Below are some observations to help you reflect on your responses from the other side.

If you scored mostly ones and twos: You probably are working more than God intends, perhaps without even a consistent day off. Your body, mind, and spirit were built for a rhythm of work and Sabbath, which is something you desperately need, I encourage you to carefully ponder the Scriptures around Sabbath and to prayerfully consider their implications for your personal life, and your work within society. You may want to begin with a 12-hour Sabbath and expand from there.

If you scored mostly twos and threes: You have likely begun the journey toward a healthy rhythm of balancing work and Sabbath. You have the ability to let go and set boundaries around work, understand your identity is not built on your work, and enjoy God's gifts. With this foundation, you have what you need to experience a rich and powerful Sabbath that will inform the other six days of the week. I encourage you to think through -- theologically and practically -- the nature of Sabbath. You may also want to talk with a friend or use a journal to explore the roots of any obstacles or resistance you feel to practicing Sabbath.

If you scored mostly fours and fives: You are wonderfully positioned to deepen your experience and enjoyment of the riches God offers in Sabbath. You are ready to more clearly articulate the theological underpinnings and the practical nuances around Sabbath to those around you -- and perhaps to a larger group as well. I encourage you to invest the necessary time and energy to equip yourself more fully so you can break new ground helping others practice Sabbath delight as a core spiritual discipline.