

## Sabbath

### Week 6: What's Next?

We have spent six weeks practicing, learning about, considering, and praying about keeping Sabbath as individual disciples and as a community. Thank you for participating and joining us in this!

Our hope is that Calvin College as a community and us as individuals can continue to walk deeper into a sabbath-way of life—where because we rest weekly and regularly, sabbath rest marks and shapes *all* of our days.

Because we want to learn how to help our community grow in the practice of Sabbath, group leader, please write down your group's answers to today's questions and email their responses to

[campusministries@calvin.edu](mailto:campusministries@calvin.edu) or drop off the physical sheet at Campus Ministries in Commons Annex 150.

**Option: watch week 6 video (5:56)** (<https://www.youtube.com/watch?v=ob7RDnxc7LM&feature=youtu.be>)

#### Some discussion questions for your group:

1. What is the best thing you have done (as individuals or as a group) to welcome Sabbath in each area?

    Ceasing...

    Resting...

    Embracing...

    Feasting...

2. What has been the most appealing, interesting or liberating thing that you have experienced in keeping sabbath while participating in this study?
3. What can you carry on with beyond this group gathering? What rhythms of sabbath will you keep moving forward?
4. What have you learned through this study on sabbath-keeping?
5. How can this group help you to practice Sabbath from now on?
6. How can Calvin College help its members to practice Sabbath?

#### Closing Prayer:

*Lord of Creation,  
create in us a new rhythm of life  
composed of hours that sustain rather than stress,  
of days that deliver rather than destroy,  
of time that trickles rather than tackles.*

*Lord of Liberation*

*By the rhythm of your truth, set us free  
from the bondage and baggage that break us,  
from the Pharaohs and fellows who fail us,  
from the plans and pursuits that prey upon us.*

*Lord of Resurrection,*

*May we be raised into the rhythm of your new life,  
dead to deceitful calendars,  
dead to fleeting friend requests,  
dead to the empty peace of our accomplishments.*

*To our packed-full planners, we bid, "Peace!"  
To our over-caffeinated consciences, we say, "Cease!"  
To our suffocating selves, Lord grant release.*

*Drowning in a sea of deadlines and death chimes, we rest in you our lifeline*

*By your ever-restful grace,  
allow us to enter your Sabbath rest  
as your Sabbath rest enters into us.*

*In the name of our Creator, our Liberator our Resurrection and life we pray. Amen*

*From Common Prayer: A Liturgy for Ordinary Radicals  
by Shane Claiborne and Jonathan Wilson-Hartgrove*