

Pause For Praise

The Art of Rest: Making War on Busy - Part 5

February 23, 2025

Worship is about experiencing God in a way so immersive that everything else fades.

*“Come, let’s **worship** and bow down; let’s kneel before the Lord our Maker.” Psalms 95:6 (CSB)*

“⁸Remember the Sabbath day, to keep it holy: ⁹You are to labor six days and do all your work, ¹⁰but the seventh day is a Sabbath to the Lord your God. You must not do any work — you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. ¹¹For the Lord made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the Lord blessed the Sabbath day and declared it holy.” Exodus 20:8-11 (CSB)

Sabbath = *Shabbat* (Hebrew) = to stop, to cease, to rest

Four Essential Sabbath Elements:

- Stop
- Rest
- Delight
- **Worship**

Sabbath isn’t just a **pause from work; it’s a **posture** of worship.**

Biblical worship in Sabbath is a sacred rhythm of **rest and **reverence**.**

When we pause for praise, we make a declaration: God is worthy. God is faithful. God is central.

Sabbath isn’t just a day off; it’s a day to turn up the praise.

The Four S’s of Sabbath Worship:

“⁶Come, let’s worship and bow down; let’s kneel before the Lord our Maker. ⁷For He is our God, and we are the people of His pasture, the sheep under His care.” Psalms 95:1-7 (CSB)

#1 - Silent Prayer – *Before the world rushes in, quiet your soul before God.*

- Prayer is resting in God’s goodness.
- “Silent prayer is not a technique to master but a relationship to enter into.” - Rich Villodas

*“I will **meditate** on your precepts and think about your ways.” Psalm 119:15 (CSB)*

#2 - Slow Reading of Scripture – *Savor God’s Word, don’t skim it.*

- Let it **sink deep**—not just **pass through**.

Lectio Divina – Sacred Reading

Lectio (Reading) – “What does the text say?”

Meditatio (Meditation) – “What is God saying to me?”

Oratio (Prayer) – “How do I respond to God?”

Contemplatio (Contemplation) – “How is God transforming me?”

*“⁴I have asked one thing from the Lord; it is what I desire: **to dwell** in the house of the Lord all the days of my life, **gazing** on the beauty of the Lord and **seeking** Him in His temple. ⁵For He will conceal me in His shelter in the day of adversity; He will hide me under the cover of His tent; He will set me high on a rock.”* Psalm 27:4-5 (CSB)

#3 - Still in His Presence – *Be. Don’t rush. Just abide.*

- Worship isn’t always doing—sometimes it’s just dwelling.

“Sing a new song to the Lord; let the whole earth sing to the Lord. Sing to the Lord, bless His name; proclaim His salvation from day to day. Declare His glory among the nations, His wondrous works among all peoples.” Psalm 96:1-3 (CSB)

#4 - Singing Love & Adoration – *Fill your Sabbath with praise!*

- Whether in **church or alone**, let your soul **sing to the Lord**.

No victory has ever been won apart from prayer and praise.

“The Word became flesh and dwelt among us. We observed His glory, the glory as the one and only Son from the Father, full of grace and truth.” John 1:14 (CSB)

Let Sabbath be your Sanctuary where you connect with Jesus your Savior.

Four Essential Sabbath Elements (with examples):

STOP (Cease from work and busyness)

- Turn off your phone & devices – Put them away or in a “Sabbath box” to resist digital distractions.
- Set work boundaries – No emails, no checking in on work, no productivity-focused tasks.
- Prepare ahead of time – Do your chores, cook meals, and complete errands the day before so you can fully unplug.
- Say no to consumerism – Avoid shopping, news, social media, and entertainment that keeps your mind in the cycle of consumption.
- Mark the start with a ritual – Light candles, say a prayer, or share a meal to set Sabbath apart as a special time.

REST (Physical, mental, and spiritual restoration)

- Sleep in and/or take a nap – Allow your body to fully rest without guilt.
- Take a long warm bath or shower – Let the water relax your body.
- Take a walk in nature – Experience the peace of God's creation without hurry.
- Disconnect from time pressure – Try not to schedule anything; allow yourself to move at a natural, unhurried pace.
- Avoid making decisions – Let go of problem-solving for the day.
- Let yourself be bored – Don't feel the need to fill every moment with stimulation.
- Read for enjoyment, not information – Choose fiction, poetry, or a devotional.
- Relax and breathe for a period of time – Spend intentional moments in stillness, practicing deep breathing.
- Sit in silence – Simply be still before God.

DELIGHT (Enjoy life as a gift from God)

- Feast and celebrate – Have a joyful, abundant meal with family or friends, treating it as a celebration.
- Engage in play – Play games, do a puzzle, or engage in an activity that makes you laugh and feel alive.
- Listen to music or create art – Whether it's singing, painting, or playing an instrument, engage in creativity.
- Do something that brings joy – Read a book, watch a sunset, or do an activity that fills you with wonder. Enjoy sex with your spouse.
- Spend unhurried time with loved ones – Have deep, meaningful conversations with family or friends.

WORSHIP (Reorient your heart to God)

- Go to church – Gather with others to glorify God. Gather as a family to worship.
- Read Scripture or a devotional – Spend time in God's Word, not as a task, but to reflect and connect with God.
- Sing or listen to worship music – Engage with music that lifts your heart toward God.
- Practice gratitude and reflection – Write down or verbally express things you're thankful for. Share them as a family.
- Spend time in silence and prayer – Simply be in God's presence, listening and enjoying communion with Him.

Practical Ways for Moms with Young Children to Sabbath (from real moms)

1. Shift Your Mindset About Sabbath

- Sabbath may not look like physical rest, but it can be mental and emotional rest.
- Let go of perfectionism—Sabbath doesn't mean everything has to be in perfect order.
- Focus on what brings peace, not just avoiding work.

2. Plan Ahead to Make Sabbath Possible

- Meal prep prior to your Sabbath or make easy/freezer meals to minimize cooking.
- Schedule housework and laundry on other days so they don't take over Sabbath.
- Prepare the kids—teach them that Sabbath is a special day of rest.

3. Make Sabbath a Family Experience

- Engage kids in restful activities like reading, fort-building, or quiet time.
- Have a family meal together—whether at home or with extended family.
- Do restful, kid-friendly activities like going for a walk, having a picnic, or playing games.

4. Give Yourself Grace

- Don't feel guilty if Sabbath isn't "perfect"—it's about intentional rest, not rule-following.
- If something urgent comes up, do what needs to be done and return to rest.
- God sees your efforts and honors your desire to Sabbath.

5. Find What Feels Life-Giving

- Let the kids play freely while you watch and enjoy their joy.
- Use nap time or quiet time to do something that refreshes you—reading, prayer, or simply sitting still.
- If nature is restful, go outside for fresh air and a change of pace.
- Keep a simple rhythm—it doesn't have to be complicated to be meaningful.