



# Beginner's Guide to Sabbath

For both Christians and non-Christians alike, rest can be difficult to define. We thrive on productivity and being busy. But *“productivity means making intentional choices towards a goal, and unless you choose some real time off and reflect where you’re at, you’ll never repair or operate properly.”* —Tim Gray, health optimising biohacker, psychology specialist

What brings one person rest might be different than what brings another person rest. **Rest can either be active or passive;** going for a walk or meditating with deep breathing are both behaviors aimed at improving well-being and are considered rest.

Scientists, psychologists, and God alike all know that every part of you needs to pause, step back from the chaos of life, and refocus on what matters in order to thrive.

## A Few Benefits of Sabbath:

1. Better mental health: reduced stress & anxiety\*
2. Increased concentration and memory\*
3. Healthier immune system\*
4. Better metabolism\*
5. Decreased blood pressure\*
6. Chronic pain relief\*
7. Stronger cardiovascular system\*
8. Improved critical-thinking and problem-solving skills\*

## PRACTICE:

Although different in practice, each one of these areas is designed by God to take the space to pause—he knows what we need before we even ask! Take advantage of this gift of Sabbath and enjoy the benefits rest has on every aspect of life.

## REST FOR YOUR BODY:

Stress, anxiety, and busyness all take a toll on our bodies; the damaging effects can include fatigue, chronic pain, gut health and so much more. It's essential to take a pause and allow our bodies a chance to return to a balanced state.

God designed our bodies to move in and out of high-intensity states. Our bodies need to release emotion and cortisol daily to function effectively.

This week, try these exercises:

1. Stretch and focus on where you feel tension in your body. Thank God for how your body functions and ask him to help you release pent-up tension.
2. Practice deep breathing: Inhale for five seconds, hold for five seconds, and exhale for five seconds. This will calm your senses and bring your body back into a state of awareness and safety. Added bonus: Meditate on Scripture as you breathe.
3. Go for a walk and pay attention to your surroundings.



## REST FOR YOUR MIND:

Constant to-do lists and problems arising lead to spinning thoughts that can keep you up at night and lead to negative self-talk as you might feel you are never “good enough.” The more we try to cram in, the more we begin to burnout and fall short. But allowing yourself mental breaks will improve your focus and give you a better perspective to solve problems. The best way to rest your mind is to clear your head and refocus your attention elsewhere.



This week, try these activities:

1. Do a puzzle or play a game with a friend.
2. Get swept up in a fiction book.
3. Exercise.
4. Cook.

## REST FOR YOUR HEART AND SOUL:

In the constant movement of the day, it's easy to neglect emotions, especially the more negative emotions, that arise in us. However, consistently refusing to process your emotions can lead to them becoming trapped in your body and causing physical problems such as back pain, neck stiffness, and headaches. We must experience our emotions without allowing them to control us.

This week, try:

1. Processing what you feel with a friend or counselor.
2. Asking yourself investigative questions about where the emotion came from and how you need to express it.
3. Journal.
4. Pray and listen to instrumental or worship music.

