

Sabbath: Set Apart

Join us this summer as we journey to find wholeheartedness by learning and engaging in Sabbath practices. Let's break the cycle of busyness, weariness and stress.

SUMMER
2021



Introduction:

After six days of creating the world, God created Sabbath. He called the Sabbath holy, which also means "set apart." Sabbath was created for us as a gift. It is a day for us to pause from the whirlwind of life, to care for our whole selves, and to re-center our hearts in Christ.

Sabbath is profoundly counter-cultural in our fast-paced, achievement-driven society. And it takes discipline, courage, and vulnerability to slow down enough to be fully present to ourselves and to God.

But God knew a regular rhythm of Sabbath would help lead us toward wholeness. Hear his invitation: "Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28



Sabbath: Set Apart

Sabbath Practices:

1. Gather
2. Create
3. Explore
4. Rest
5. Serve
6. Move
7. Reflect

Faith Church Sabbath Events:



Join us for these opportunities as we
experience Sabbath together.
More details to come, everyone is welcome!

- Gather
June 13 11:00 pm - 1:00 pm
Food Trucks & Fellowship
- Create
June 21 @ 6:30pm
Canvas Painting*
- Explore
June 27 @ 3:00pm
Hike: Hemlock Crossings
- Serve
July 12 @ 6:30pm
Service Night*
- Move
July 21 @ 10:00am
Holy Yoga*
- Reflect
July 28 @ 10:00am
Blueberry Picking

*Registration required at faithzeeland.org

Sabbath:
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Gather

Hebrews 10:23-25

Reflect on these questions:

Are you more of an extrovert or an introvert? What does that mean for your interaction with people on the Sabbath?

There is a lot of imagery in the Bible about gathering around a table, feasting, sharing bread and wine. Do you think sharing meals with others can bring us closer to each other and to God? If so, how?



Consider practicing Sabbath in one of these ways:

- Prepare a meal together as a family
- Visit a grandparent or family member
- Enjoy a cup of coffee or tea with a friend
- Invite new friends over for a campfire and smores

Join us:

June 13:

9:00am and 10:45am Worship Services

11:00am-1:00pm Food Trucks & Fellowship:

Purchase lunch from one of the Food Trucks. Stay as we eat together. (Drinks and desserts provided)

Sabbath:
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Sabbath is an opportunity to spend time with our loved ones, remembering God has given us the gift of community for our life and faith journeys.

Create

Genesis 1:27-28

Reflect on these questions:

Do you consider yourself a creative person? Why or why not? Does your perspective change, knowing God created each one of us to be co-creators with him in his world?

When do you experience the most joy - throughout the creative process, or seeing the finished product? Does that impact whether you might make time for creating a priority on your Sabbath?



Consider practicing Sabbath
in one of these ways:

- Plant flowers in your yard or in decorative pots
- Complete a puzzle
- Build a fort
- Write a story or poem

Join us:

Sunday, June 27: 9:00 and 10:45am Worship Services

Monday, June 21: Faith Church Canvas Painting 6:30pm

Join us at church for an evening of painting!
You can decide to paint your own idea or follow a tutorial. Supplies are provided. (Pre-register)

Sabbath:
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God is Creator and created us in his image; we were made to join him in the creative work of caring for our world in all different ways. One Sabbath practice is to set aside time for creativity, and to experience the joy and delight of creating something.

Explore

Psalm 121

Reflect on these questions:

What do you love most about God's creation?

How often do you spend time outdoors?

What spaces in nature make your heart feel most at peace?



Consider practicing Sabbath
in one of these ways:

- Go for a walk in a forest.
 - Sink your feet into the sand at Lake Michigan and listen to the waves. Build a sandcastle.
 - Visit a nature center or zoo.
 - Go fishing, kayaking or tubing down the river
- *Notice colors, smells, sounds, sights, textures. Soak it in and delight in the beauty your experience.

Join us:

Sunday, June 27: 9:00 and 10:45am Worship Services

Sunday, June 27: Faith Church Hike 3:00pm

Join us for a nature hike at Hemlock Crossing
Meet at the Nature Learning Center.

[8115 W Olive Road, West Olive, MI 49460]



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Spending time in nature helps us remember our all-powerful, all-knowing, loving God holds this world, and us, in his hands.

Exploring creation also deepens our gratitude for and wonder of the Creator.

Rest

Psalm 46

Reflect on these questions:

Why is it so hard to rest?

How does lack of rest affect you?

What does true rest look like for you? How can you make space in your life for that kind of rest?



Consider practicing Sabbath
in one of these ways:

- Clear your schedule and enjoy time with no plans.
- Take a nap.
- Relax in a hammock, practicing being still.
- Read a novel.
- Listen to music.

Join us:

Sunday, July 4: 10:00 am Outdoor Worship Service



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Sabbath is an invitation to rest for our bodies, minds, and spirits. We all need rest. By creating and setting apart Sabbath, God designed a rhythm of rest for our lives.

Serve

Micah 6:8

Reflect on these questions:

How has God called me to serve him?

What are my passions?

What life experiences do I have that might be used to help someone else?



Consider practicing Sabbath
in one of these ways:

- Buy ice cream or coffee for someone who needs encouragement
- Pick up litter at a nearby park
- Visit a lonely neighbor
- Bring food to Harvest Stand or Hand2Hand
- Learn more about a topic of injustice

Join us:

Sunday, July 11: 9:00 and 10:45am Worship Services

Monday, July 12: Faith Church Service Night 6:30pm

Join us as we spread love to the community, through Random Acts of Kindness. Meet at church. Supplies will be provided. (Pre-register)

Sabbath:
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As we re-center our hearts and lives in Christ on Sabbath, we are reminded again we have been created for a purpose. We are called to participate with God in bringing his love, justice, and mercy to our world.

Move

1 Corinthians 6:19

Reflect on these questions::

When have you felt healthy and energized?

What helped you feel that way?

When have you felt most physically drained recently?

What contributed to that?



Consider practicing Sabbath
in one of these ways:

- Go for a walk, run or a bike ride
- Go rock climbing
- Go kayaking or paddle boarding
- Practice yoga

Join us:

Sunday, July 18: 10:00am Outdoor Worship Service

Wednesday, July 21: Faith Church Holy Yoga 10:00am

Holy Yoga weaves prayer and the Word of God through the practice of yoga breathing and stretching, renewing the whole person. All ability levels welcome! (Pre-register)



Sabbath:
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Sabbath is an invitation to care for our whole selves, which includes our bodies. Not only is rest good for our bodies, but movement is too. And by using our bodies, we are reminded of the gift of health and strength.

Reflect

Romans 12:2

Reflect on these questions:

What would it mean for you to welcome Sabbath as a gift in your life?

What Sabbath practices impacted you most?

Where do you hear God inviting you into a new Sabbath practice or pattern? How might you commit to that new practice or pattern over the next few months?



Consider practicing Sabbath in one of these ways:

- Gratefulness Inventory: make a list of all you are thankful for
- Write a note of appreciation to someone who has impacted your life.
- Reflect on life lessons, where did you see God?

Join us:

Sunday, July 25: 9:00 and 10:45am Worship Services

Wednesday, July 28: Faith Church Blueberry Picking

What does agriculture have to do with Sabbath?

Join us for blueberry picking and a time of learning about the intersection of Sabbath and justice.

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Just as we began our 10-week journey with a practice of examining and evaluating our hearts and lives, we end by reflecting on what we have learned. How might we welcome sabbath as a gift?

Commit to new sabbath practices and patterns in your life.