



CHRIST CITY
C H U R C H

Questions To Help *GET INTO RHYTHM*

From working INTO SABBATH

We purposely avoid giving you a specific Sabbath outline. Instead, we have put together questions to help you start and deepen your sabbath-keeping. Each set of questions will move you further into the Sabbath, so don't feel you have to answer them all at once!

If you don't keep a regular Sabbath, begin with the first set of questions to put together a Sabbath.

GETTING STARTED

- **When will I Sabbath?** (Dinner on _____ to dinner on _____?) Reminder, the Sabbath is a day, usually 24 hours a week, intentionally set apart, marked off on the calendar.
- **What do I need to do (things you don't "normally" do) and not do (the "usual labors") so that I can rest with God in His finished work?** Remember, sabbath-keeping begins by stopping, ceasing to do the "normal" things in your daily routine of making a life. Your paid work, yes, but also those other actions that you do make life feel under your control, things like laundry or to-do lists or even habitual religious activities. Yet sabbath-keeping is not about doing nothing but about doing things different(ly). Things like physical activity that is not for production or mastery, or communion with the Lord in a way or place that is unlike your regular routine, or even taking a nap.
- **Who's helping me Sabbath?** Sabbath is never something we can do alone, so who in our faith family can you ask to help you learn how to Sabbath? And, who can you tell you are trying to keep the Sabbath? Encouragement and accountability are definite necessities!
- **Who am I worshiping with, and when?** While some Sabbath days may be spent in quiet and solitude, remember that the Sabbath is a "sacred assembly," a time to be together in worship with others, even if for just an hour or two!

GOING A LITTLE FURTHER

Remember, the Sabbath is not only about resting; it is about *being whole where you already are*. It is a day to live complete, at peace in your relationship with God, with yourself and others, and with creation—even if the wholeness is only for the day.

- **Who do I need to Sabbath with, and not?** There are some relationships you cannot leave out on the Sabbath, like your spouse or your children, and some you shouldn't avoid, like a friend (or even stranger) in need. Yet, there are some relationships (whether seasonally or perpetually) that require significant labor to be life-giving which you can avoid to Sabbath.
- **What are the things I do (or don't do) that cause me to miss out on the good or overlook my "very good" relationships?** What behaviors create confusion, conflict, or tension in your relationships? What behaviors keep you at a distance from those near you? These are things you'll want to avoid doing (or not doing) on the Sabbath.
- **What are the things I do (or don't do) that allow me the space to delight, cherish and strengthen my "very good" relationships?** These are the things you'll want to do (or not do) more on the Sabbath.
- **Who can I help to Sabbath and how?** Wholeness includes being a part of helping those connected to you to flourish. Who could use your help learning to Sabbath? How can you help our faith family Sabbath better?

GAINING GROUND

Remember, the Sabbath is made for you, a gift of God, so you might live whole and *free* in Him. Keeping the Sabbath is resisting the oppressive ways binding us to a life less than God's design.

- **What do I need to resist as sabbath-keeping?** We can be bound by things as "large" as a consumeristic culture or addiction. We can also be bound by things as subtle as attitudes like an obsession for order, being quick to critique, words spoken mindlessly or harshly, inactions like losing ourselves in screens, or even actions like packed schedules. How can you step away from those things for a day?
- **Why do I resist the Sabbath?** Remember, God's people have always struggled with sabbath-keeping, so you'll be no different! But when you find it difficult (and you will), let the difficulty be an opportunity to ask our gracious Father to let you in on why, on what is going on in your heart so He can lead you the way ancient and everlasting.

From sabbath-keeping INTO WORK

We may not think of work as a rhythm but only a necessity. At least it is not a rhythm like the Sabbath, where we seem to have a choice in entering it or not! Yet, we can choose how we work, the manner in which we enter into and go about the labors of living.

GETTING STARTED

There are two aspects to getting started in “work.” The first is recognizing what “work” is. The second is discovering the work you’re made for.

- **What do I do (with actions & words) to cultivate—make and maintain—a life, good?**
Remember, work is not just what you get paid for, but whatever you do, in word or deed, to form your daily living, whether in an office or home or community or all-of-the-above.
- **Who can help me discover and discern my work?** We all find ourselves (sometimes several times) in a place of discovery, wondering what we want and should do with our lives. When that time(s) arise, you don’t need to walk alone. Your family, faith family, and friends are God-designed to help! And we have a tool to help them help you: [Giftedness Discovery Workshop](#).
- **Who can I help discover and discern their work?** What is done for you, you should do for others! That’s part of what it means to be a part of the family, the body of Christ... “individually members one of another.”

GOING A LITTLE FURTHER

Once we know what our work is—whether a chosen vocation or a job of opportunity, whether a means of earning income or the responsibilities of stewarding what is ours—we can give ourselves over to the thing for which we are made. Then, we can love and, in loving, do our work well.

- **Do I love (give myself wholly to the good of) what I work for, those whom I work with?**
Not do I like all the details of my daily labors, nor even am I fond of all those I labor alongside. You know you love something/someone when you are willing to give it all for their good. If you are not, or, like most of us, you love in fits and starts, let God form your love by making of list of the good in your work and co-workers, asking Him to see the goodness of His grace in your place and people. Then come back to that daily.

- **Who is asking me what I am living for? Who am I asking?** As always, accountability and encouragement are necessities in the journey of work. Who can ask you not what you do but rather what you are made for, helping you see, even in the ordinary, what you are living for and helping you navigate the inevitable difficulties that come to your calling? Who can you do the same for?

GAINING GROUND

We don't just want to work well, but do work that is good, work that is a part of something lasting, the good of God's design and destiny. The only way to ensure our daily efforts are entangled in the grand story is to be at work with God.

- **How will I be at work with God?** We are not made to work like a cog in a machine but to be co-laborers in the flourishing of life. For life to flourish, our work needs to be done in submission to the good, offered to God as we welcome His presence and wisdom into our labors. While there are many ways to be at work with God, here are two simple starters:

- Soon after you wake, Offer God Your Work by praying with Jesus :

Our Father in heaven, I will be a part of your name being kept holy, your kingdom come, your will done on earth--the very place my feet now rest--as it is in heaven.

Give us this day our daily bread, and forgive us our debts as we also have forgiven our debtors. I will receive all I need for life from you today, to live like you today.

And lead us not into temptation but deliver us from evil and the evil one. You'll lead. I'll follow, guided and guarded by you along the path.

For yours is the kingdom--the only forever good--and the power--the only forever force--and the glory--the only forever approval needed. And you share all with us in Jesus. Amen.

- Set an alarm on your phone for 9 am, Noon, and 3 pm. Welcome God In Your Work; whatever you are doing when the alarm buzzes or sounds, let that be a reminder that God is with you in your labors and those you are laboring with. Take a deep breath, breathing in the presence of God at work, and then get back to work!