The Sabbath is a gift to us from God

Productivity increases when we take a measured break. Our mental health also improves.

Things to do on the Sabbath

- Worship as a church
- Prayer and Bible Study
- Family Worship
- Worship Alone
- Appreciating Nature
- Bible Crafts

The word “Sabbath” comes from the Hebrew “shabbath”, meaning “day of rest”, which in turn comes from the Hebrew “shabath”, meaning “he rested” - thus resting in homage to God resting on the seventh “day” after creating the universe.

On the seventh day God had finished his work of creation, so he rested from all his work. Genesis 2:2

Benefits you may discover by keeping the Sabbath are:

- You grow closer to God
- Your health improves
- Your mental health improves
- Your relationships improve
- You feel more peace
- You trust God more
- You feel less stress
- You get more rest