



HONORING THE SABBATH: Part 1 - "Remembrance"

COMMUNION/SHABBAT IN YOUR HOME GUIDE

Shabbat is the Hebrew word for Sabbath, which means, "rest." When we refer to the ancient biblical practice of having a "Shabbat," we are referring to taking time each week to practice two really important ideas: ¹**remembrance** and ²**rest**:

1. **REMEMBRANCE** - Taking time once a week to gather with family and friends around a table to take Communion in remembrance of Jesus' finished work on the cross is a great way to experience spiritual rest. Below is Part 1: A suggested guide for having a Shabbat/taking Communion to honor the Sabbath with those in your relational household.
2. **REST** - Part 2 is a suggested guide on how to experience physical, emotional and spiritual renewal through Sabbath rest.

-**WELCOME**: Greet everyone and thank them for making time to experience this time together with you.

-**PRAYER**: Father God, we thank You for the gift of Sabbath rest and as You rested on the 7th day, we choose to do so as well. Jesus, thank You for being the Lord of the Sabbath and Holy Spirit, we invite You to come and sanctify this space.

-**LIGHT TWO CANDLES** (optional): **PRAYER**: Lord Jesus, we celebrate You as being the Light of the World (John 8:12) and in You, we become lights to our world (Matt. 5:14). May the light of Your Presence shine bright here tonight.

-**GROUP PRAYER** (optional): Invite everyone to recite **The Lord's Prayer** together from Matthew 6:9-13

A SAMPLE GUIDE FOR TAKING COMMUNION BASED ON I CORINTHIANS 11:23-26

Speaker: _____

SCRIPTURE: "²³For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, ²⁴and when he had given thanks, he broke it, and said, "This is my body, which is given for you. Do this in remembrance of me."

PRAYER: Lord, we thank You for this bread which represents Your Body that was broken on the Cross so that we may experience wholeness in You today. Blessed are you, Lord our God, King of the Universe, who brings forth the bread from the earth. *Let's all take the bread together.*

Speaker: _____

SCRIPTURE: "²⁵In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

PRAYER: Lord, we thank You for this juice which represents your Blood that was poured out on the Cross for the forgiveness of our sins so that we may walk in righteousness with You today. As we have freely received forgiveness from You, we also take time now to freely forgive others as well (PAUSE). Blessed are you, Lord our God, King of the Universe, who brings forth fruit from the vine. *Let's all take the juice together.*

Speaker: _____

SCRIPTURE: "²⁶For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

PRAYER: "Lord, we thank You for bringing us together as Your family to **remember** the sacrifice You made for us and to remind us that You are coming back for us again one day! We pray for the peace and redemption of Israel as we see that day of Your return soon approaching. Thank You that You've never left us, and Your presence is here with us even today."

-**INVITATION TO PRAY**: "Let's take a few minutes and pray for one another. Pray that the Lor'd' Shalom peace will be upon them and that they may experience true rest in Jesus today."

→ **SUGGESTED PRAYERS**: Psalm 1 (for Men) | Proverbs 31:25-31 (for Women) | Psalm 91:9-16 (for Children/Youth)

-**GROUP PRAYER** – After praying for one another, invite everyone to recite **The Priestly Blessing** (Numbers 6:24-26)

-**CLOSING** (optional): Feel free to end this time by enjoying a fun meal together!





HONORING THE SABBATH: Part 2 – “Rest”

THE “S.O.S.” SABBATH REST GUIDE

There are many reasons why taking a day for Sabbath rest is so important. Scripture shows that God demonstrated it (Genesis 2:2), it’s one of the 10 Commandments (Exodus 20:8-11), and Jesus regularly practiced it (Luke 4:16). Humanity has been created in God’s image (Genesis 1:27) and since God rested on the 7th day, we believe that His creation is designed to experience Sabbath rest each week as well. As you put the principle of Sabbath rest into weekly practice, remember first and foremost that Jesus is the Lord of the Sabbath (Matthew 12:8) and do all you can to keep Him as your focus.

Sabbath is all about surrender. That’s why we like to refer to it as an “**S.O.S**” (“**Sabbath Of Surrender**”). Ask the Holy Spirit to guide you and those in your relational household into ways that you can focus on slowing down, resting, enjoying God’s creation and times of devotion. Think of these 3 areas of “S.O.S” during your intentional time of Honoring the Sabbath:¹Surrendering *Ourselves* ²Surrendering *Others* and ³Surrendering *Obstacles* to Sabbath rest in God each week.

A SABBATH PLAN WORKSHEET

Two or three reasons why I/we believe Sabbath rest is an important spiritual principle to practice include:

My/our Sabbath day/time each week will be:

Things I/we will need to do to help prepare for Sabbath include:

Temptations to break my/our Sabbath commitment will most likely include:

Areas of intentional ¹**Surrender of Self** (myself/ourselves) to the LORD each week include:

Areas of intentional ²**Surrender of Others** to the LORD each week include:

Areas of intentional ¹**Surrender of Obstacles** (challenges) to the LORD each week include:

Activities I/we look forward to engaging in during Sabbath include (i.e. What **nourishes** my soul and renews my/our spirit?):

Activities I/we will try to avoid during my/our Sabbath include (i.e. What activities tend to **drain** my/our soul?):

Ways that I/we will intentionally draw closer to **Jesus** - The Lord of Sabbath rest – during Sabbath include:
