

CRAFTING A

# DAY OF REST

A PDF GUIDE



**Family  
Teams**



***In Hebrews 6:11 it says, “Let us therefore strive to enter that rest...” Striving and resting seem like complete opposites but in this verse it tells us to strive to enter rest.***

**In the New York Times Magazine Judith Shulevitz wrote an interesting piece on the Sabbath “Bring Back the Sabbath” about the work it takes to rest.**

**She wrote:**

*“Most people mistakenly believe that all you have to do to stop working is not work. The inventors of the Sabbath understood that it was a much more complicated undertaking. You cannot downshift casually and easily, the way you might slip into bed at the end of a long day. As the Cat in the Hat says, “It is fun to have fun but you have to know how.” This is why the Puritan and Jewish Sabbaths were so exactly intentional, requiring extensive advance preparation -- at the very least a scrubbed house, a full larder and a bath. The rules did not exist to torture the faithful. They were meant to communicate the insight that interrupting the ceaseless round of striving requires a surprisingly strenuous act of will, one that has to be bolstered by habit as well as by social sanction.”*

# Discussion Questions

**1. What are some things that take work but when they're done make it easier to rest?**

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**2. Are there any spiritual disciplines that take work but when you do them you find it makes it easier for your soul to rest?**

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**3. Why do we tend to think rest takes little to no work?**

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**4. What work have you found, helps prepare you to rest on the Sabbath?**

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**5. Do you find it easier to rest on the Sabbath when you know other families are doing the same? Why does resting as a larger community help?**

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**6. What is one specific thing you can do just before the Sabbath that will help you more easily enter into rest?**

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# Ranking and Optimizing Your Rest

Many of us are often not great at knowing what really gives us rest. Below is a list of possible activities that might help you feel rested. Circle any that you'd like to try during your day of rest and add as many as you can think of to the end of the list. Then put a number from 1-10 of your sense for how restful you may find this activity, with 10 being

- Reading a novel
- Gardening
- Puzzles
- Playing a board game
- Having coffee with .....
- Going for a hike
- Having sex
- Taking an afternoon nap
- Praying
- Meditation
- Bible reading
- Journalling
- Visiting at ..... house
- Visiting an art gallery
- A picnic lunch
- Going to a movie
- Worship service
- Visiting a farmer's market
- Watching sports
- Sit and stare at a beautiful view
- Chill at a coffee shop or brewery
- Listening to music
- Playing music
- Bible discussion
- Cooking or baking
- Crafting
- Writing
- Art

# Finding Your Off Button

OK, let's try to make your rest day 1.0. Remember it takes time to learn to rest and you need activities that bring rest to your body (like a nap) and to your soul (like journaling) to really feel rejuvenated. It may seem weird to plan out a day of rest. Most people think to rest all you have to do is stop working, but that only works for a little bit and then you get bored and fall into doing impulsive activities that often don't bring real rest. We need to start with a baseline. Make a plan for having a great day of rest and then evaluate how it went and make SMALL changes over MANY weeks. Before you know it, you will be an expert rester feeling more and more rejuvenated by your Sabbath, and it will become your favorite day of the week.

<i>Time Period</i>	<i>Restful Activity</i>	<i>Notes</i>
<b>Pre-Rest 3-6pm</b>	.....	<b>Prepare to rest</b>
<b>Early Evening 6-8pm</b>	.....	<b>Kickoff to rest</b>
<b>Late Evening 8-10</b>	.....	<b>An end to your evening</b>
<b>Early Morning 6-9am</b>	.....	<b>To sleep in or not?</b>
<b>Late Morning 9-11am</b>	.....	<b>Breakfast?</b>
<b>Afternoon 11am-2pm</b>	.....	<b>Group activity?</b>
<b>Late Afternoon 2-5pm</b>	.....	<b>Nappy time?</b>
<b>Early Evening 5-7pm</b>	.....	<b>Relational time?</b>
<b>Late Evening 7-10pm</b>	.....	<b>Optional extension of rest</b>

# Jeremy's Ideal Day of Rest

I've been refining this routine for almost 15 years now and just looking at a day planned out like this makes me long for the next Sabbath. After a day like this, I can fully recover from just about any intense week of work. Never stop tweaking your day to make it more restful and rejuvenating. Also, I don't follow this like a schedule where I have set times that a must do the next activity. I've just noticed after 2-3 hours I'm starting to wonder what to do next as I rest and so instead of being confused and doing something impulsive I default to what's crafted here.

## *Time Period*

## *Restful Activity*

## *Notes*

Pre-Rest 3-6pm

Buy groceries and cook meat

Prepare to rest

Early Evening 6-8pm

Sabbath dinner with family

Kickoff to rest

Late Evening 8-10

Bible discussion, chat

An end to your evening

Early Morning 6-9am

Coffee shop - read, pray, journal

To sleep in or not?

Late Morning 9-11am

Watch football or movie

Breakfast?

Afternoon 11am-2pm

Lunch with kid, then walk or event

Group activity?

Late Afternoon 2-5pm

Take a nap

Nappy time?

Early Evening 5-7pm

Date night with April

Relational time?

Late Evening 7-10pm

Game night

Optional extension of rest

# April's Ideal Day of Rest

<i>Time Period</i>	<i>Restful Activity</i>	<i>Notes</i>
Pre-Rest 3-6pm	Work block, clean/declutter house	Prepare to rest
Early Evening 6-8pm	Sabbath dinner with family	Kickoff to rest
Late Evening 8-10	Bible discussion, chat	An end to your evening
Early Morning 6-9am	Sleep in!	To sleep in or not?
Late Morning 9-11 am	Read a book, do a puzzle	Breakfast?
Afternoon 11 am-2pm	Lunch with Kid, then walk or event	Group activity?
Late Afternoon 2-5pm	Take a nap	Nappy time?
Early Evening 5-7pm	Date night with Jeremy	Relational time?
Late Evening 7-10pm	Game night	Optional extension of rest

Note: Sometimes I will schedule things on a Saturday that I wouldn't normally take the time out of my week to do, such as breakfast with my sisters, or a crafting day.

Remember that as you strive to rest you keep yourself free from any compulsion to be productive on your day of rest. The goal is simply to be peacefully present. I love how Mark Buchanan puts it in his book [The Rest of God](#).

"I was in no hurry. I prayed. I sang. I listened. I watched. In all that time, I never earned a cent. I didn't write a word. I didn't build a thing. The world is no richer for my passing through it. But I'm far richer for not missing it."