THINGS TO COME: 4 Reasons to Steward Your Sabbath

In our fast-paced world, where time seems to slip through our fingers like sand, the concept of Sabbath—a day of rest and deliberately spending time with our Father in heaven—often gets lost in the shuffle of our busy lives. Yet, the practice of stewarding the Sabbath, of intentionally setting aside time, holds profound significance that goes well beyond mere resting and recharging.

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The Sabbath is for renewal. Similar to yearly rites of passage and other of life's thresholds such as birthdays, anniversaries and holidays, each Sunday is the birth of a new week with fresh opportunities for the good work the Lord equips us for, and for this reason all the more important that we may be found faithful in using our minutes and years led by His wisdom and guidance. Each new Sunday is a rebirth, a time for an accounting of the past while recommitting our future back to the Father who gifted them to us from the beginning.

Here are four compelling reasons why stewarding the Sabbath is not only beneficial but crucial for our well-being.

1) Restoring Balance in a Hectic World.

In a society that glorifies busyness and productivity, taking a day of rest may seem counterintuitive. However, the relentless pursuit of productivity often leads to burnout and diminished mental and physical health. Choosing to spend wisely your Sabbath offers a counterbalance to this frenetic

pace, providing an opportunity to step back, reflect and rest.

By intentionally setting aside time for rest as God did in Genesis 1, we acknowledge the importance of balance in our lives. Just as a seesaw requires equilibrium to function properly, our lives require a balance between activity and rest. Neglecting this balance can result in negative consequences like increased stress and decreased productivity. Thus, stewarding the Sabbath becomes an essential practice for maintaining harmony and well-being in an otherwise hurried and harried world.

2) Cultivating Connection in a Digital Age.

In this era of digital distractions and constant connectivity, finding moments of true connection with the Lord has become increasingly challenging. Your Sundays offer a precious opportunity to unplug from the digital noise and cultivate deeper connections—with Jesus, with loved ones, with your church family and among friends and neighbors where we have the chance to bring Jesus to the world starved for His peace and joy.

By disconnecting from our devices and setting aside time for face-to-face interactions, we create space for meaningful conversations, shared experiences and genuine connections. Whether it’s enjoying a leisurely meal with family, taking a nature walk with friends or spending quiet time alone in fresh study of the Scriptures, the Sabbath provides a sacred space for nurturing the relationships that truly matter.

3) Nourishing the Soul.

In our quest for material success and external achievements, it’s easy to neglect the needs of our inner selves—the deeper longings of our souls. Your Sabbath is a weekly invitation to slow down and attend to our inner thirst and hunger for God’s Word, nourishing our souls.

Whether through prayer, journaling or engaging in creative pursuits, the Sabbath offers a time for spiritual renewal and growth. By engaging in activities that feed our souls, we deepen our sense of purpose, find greater meaning in our lives and reconnect with the Lord after a busy week which can support peace and contentment.

4) Honoring the Rhythms of Life.

Just as the earth follows a rhythm of seasons—of growth, harvest and rest—so too do our lives follow natural rhythms of activity and rest. Stewarding the Sabbath is an acknowledgment of these rhythms, a recognition that there is a time for everything under heaven (Eccl. 3:1-8, MEV).

Can we still be saved and go to heaven if we don't honor the Sabbath? Of course, but the value of the Sabbath is in building margin into your week. Ask God to reveal to you how you can get more done in six days of work than you can in seven. I believe He will show you.

Stewarding your Sabbath is far more than a religious obligation. It is a purposeful act of faith, a testament to the value of balance and connection, and a celebration of the renewal built into God's design. In a world that often feels chaotic and overwhelming, the Sabbath offers a sanctuary of rest, renewal and reflection—a precious gift waiting to be embraced.

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