

4 Ways 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 intentionally spending time with our Father in heaven—often gets lost in the shuffle. Yet the practice of stewarding the Sabbath, of intentionally setting aside time, holds profound importance that goes well beyond mere resting and recharging.

The Sabbath is for renewal. Similar to yearly rites of passage and other life thresholds such as birthdays, anniversaries and holidays, each Sunday marks the birth of a new week with fresh opportunities for the good work for which the Lord equips us, and for this reason it is 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.

Breaking News. Spirit-Filled Stories. Subscribe to Charisma on YouTube now!

Here are four compelling reasons why stewarding the Sabbath is not only beneficial but critical 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. But the relentless pursuit of productivity often leads to burnout and diminished mental and physical health. Choosing to spend our Sabbath wisely offers a counterbalance to this frenetic pace, providing an opportunity to step back, reflect and rest.

Get your FREE CHARISMA NEWSLETTERS today! Stay up to date with current issues, Holy Spirit news, Christian teachings, Charisma videos & more!

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 such as increased stress and decreased productivity. Stewarding the Sabbath thus becomes an essential practice for maintaining harmony and well-being in an otherwise hurried and harried world.

Thank you for visiting . To enjoy the rest of this CharismaNews post, please visit this link.

Join Charisma Magazine Online to follow everything the Holy Spirit is doing around the world!