

Part Time Pastor: Full Time Church offers “Practicing the Way: The Sabbath Practice”

The Part Time Pastor: Full Time Church program of the Church of the Brethren this Spring will be sponsoring “Practicing the Way: The Sabbath Practice” for all Multi-Vocational Pastors.



What is the Sabbath Practice:

In *Practicing the Way*, a book by John Mark Comer, we find 9 different Spiritual Practices (Sabbath, Solitude, Scripture, Prayer, Fasting, Generosity, Community, Service, and Witness) that can help followers of Jesus "Be with Jesus, Become like Jesus, Do as He Did." In this cohort we will explore and practice the spiritual practice of Sabbath.

Sabbath is a twenty-four-hour time period set aside to stop, rest, delight, and worship. It is the best day of the week. In our era of chronic exhaustion, emotional unhealth, and spiritual stagnation, few things are more necessary than the recovery of this ancient practice.

What to expect:

Over 4 sessions we will spend time learning about the practice, practicing the practice (in between sessions), reflecting on the practice, and processing the practice together.

Session I will focus on Stop. God built a rhythm of rest into the fabric of creation. When we live in alignment with this ancient rhythm, we find peace and joy, but when we fight it, we fracture our souls.

Session II will focus on Rest. Sabbath isn't just a day off to take a long nap — it's a form of resistance that requires us to fight powerful forces that war against Sabbath spirituality.

Session III will focus on Delight. Sabbath is a full day set aside to celebrate our life with God in his world, and it is designed to be done in community — a life-giving day of delight.

Session IV will focus on Worship. Sabbath isn't just a day to stop, rest, and throw a feast in community — it's a holy day set apart and dedicated to God himself.

Session I will be on Monday April 13 at 7 PM EST

Session II will be on Monday April 20 at 7 PM EST

Session III will be on Monday April 27 at 7 PM EST

Session IV will be on Monday May 4 at 7 PM EST

(Videos last 30 minutes. Sessions last anywhere from one hour to one hour and 30 minutes)

Register at this link by Wednesday April 8: <https://forms.gle/fdWzs6P1nnu7YZw5A>