

SOUL TRAINING

Keeping the Sabbath

Based on James Bryan Smith's "The Good and Beautiful Life"

Anger is a result of our need to control (unmet expectations) and fear, and the sabbath teaches us to trust in God's strength. Sabbath keeping, therefore, is the perfect exercise to help us deal with anger. Try some of the following this week so that you may experience a day of rest.

- Take some time to plan your sabbath. Which day will you do it? What will you do? What will you eat?
- Take time during a meal to bless everyone at the table.
- Go to church together.
- Take a nap!
- Set aside some time for private prayer.
- Read a good devotional book or write in your journal.
- Spend time reading a passage in Scripture and ask the following questions: (1) What does it say about God? (2) What does it say about the human condition? (3) How should I apply this to my life?
- Practice hospitality.