

24/6 Workshop (half a day)

What you need: 24/6 DVD; AV equipment for showing DVD; round tables for small group discussions; Sabbath Plan worksheets (found on www.sabbathliving.org)

9:00-9:10 Host or Leader welcomes

*Share intention of workshop. Share your best Sabbath memories and Sabbath scriptures.

9:10-10:10 Session 1: Our 24/7 World and Why We Need 24/6

*Play segments 1 and 2 of DVD and use questions from DVD discussion guide

*We have found these questions help spark conversation:

1. How can keeping a weekly Stop Day help heal you? Heal families? Heal marriages? Heal congregations?
2. If the definition of rest is figuring out what work means for you—and not doing it—what activities would you like to include on your Sabbath? What activities would you like to eliminate on your Sabbath?

10:10-10:15 Coffee Break

10:15-11:15 Session 2: How We Do 24/6 and Your 24/6 Life

*Play segments 3 and 4 of DVD and use questions from DVD discussion guide

*We have found these questions help spark conversation:

1. In our 24/7 culture, Sabbath-keeping has to be intentional. How can you be more intentional about Sabbath keeping?
2. How can you encourage your friends and family to keep the Sabbath themselves? How can others support you in your Sabbath-keeping practices?

11:15-11:50 Session 3: Writing Your 24/6 Plan

*Have 1 copy of a 24/6 Worksheet (on www.sabbathliving.org) for each participant.

11:50-12:00 Closing and Benediction