

A P A R E N T ' S  
T O  
G U I D E

# Sabbath & Rest

by Dr. Julie Canlis

**axis**

# In This Guide . . .

- **The “Sabbath”—that’s Old Testament legalism, right?**
- **What are the origins of the Sabbath? Was God tired?**
- **What does the word “Sabbath” mean?**
- **Didn’t the Sabbath begin at night?**
- **Why did the Israelites keep the Sabbath? (Read on, Bible nerds!)**
- **If they weren’t allowed to do much on the Sabbath, what *did* the Israelites do?**
- **Did early Christians keep the Sabbath?**
- **Is the Sabbath relevant now?**
- **What is the Sabbath saying no to?**
- **What is the Sabbath saying YES to?**

- **So should I keep the Sabbath? I'm overwhelmed as it is . . .**
- **How do I start?**
- **What if I don't have a normal day off? What if we do sports?**
- **Any other ideas for Sabbath practices as a family?**
- **Discussion Questions**
- **Additional Resources**
- **About Julie Canlis**
- **About Axis**