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