

# Sabbath in the Garden Reflection Guide

The Sabbath is an invitation to step back from work and delight in God's creation. In the garden, Sabbath rest allows both soil and soul to recover, renew, and prepare for the fruitfulness ahead. Use this guide to plan your garden Sabbath rhythm and reflect on what you experience during your times of rest.

## Plan Your Sabbath Rhythm

- Choose your Sabbath day or time period each week.
- Decide whether you'll have a seasonal Sabbath pause in extreme heat, deep winter, or post-harvest.
- Prepare ahead by watering, harvesting, and completing urgent garden tasks the day before.
- Set up a restful garden space with seating, shade, and sensory elements.
- Keep a Sabbath basket with your Bible, devotional, or journal in your resting area.

## During Sabbath

Use your Sabbath time to simply be present in your garden. Avoid active gardening work and focus on observing, praying, and delighting in God's creation. Notice the small things: how the light falls on the leaves, the scent of flowers, the hum of bees.

## Observation Prompts

- What details in the garden caught my attention today?
- Did I notice any changes in plants, wildlife, or the weather?
- How did the garden invite me to slow down?



## Journal Prompt

Where in my gardening (and in my life) do I need to lay down tools and simply receive? How might a Sabbath rhythm renew my joy and deepen my gratitude?

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## Reflection

The Sabbath is not earned; it is given. It reminds us that our worth and provision come from God, not from endless work. Just as the soil rests between plantings, we are invited to rest so that we might be restored. In choosing stillness, we declare trust in the One who sustains all growth.