

## WFWP USA: The Rhythm of Rest - Using the Sabbath as God's Gift

Katarina Connery

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Shawna Kempf presented on the theme, "The Rhythm of Rest - Using the Sabbath as God's Gift." Following an opening meditation, Shawna invited participants to become comfortable and reflect deeply on the spiritual meaning of rest. She began by sharing historical context explaining why many religious traditions recognize the importance of setting aside a regular day of rest. Drawing on scripture and the Fourth Commandment, she emphasized that the Sabbath is intended to be holy, joyful, restorative, and an opportunity to give to others.

Participants were encouraged to reflect on what happens when we intentionally stop our daily activities and turn our hearts toward God. In this sacred pause, we create space to breathe, reflect, listen to nature, and practice restraint from constant activity. Slowing down allows us to become more aware of God's presence and to experience spiritual renewal.

Using the scripture from Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest," Shawna invited participants to consider the burdens from which they may need rest - emotional pain, life's fast pace, information overload, excessive busyness, and the pressures of constant consumption and productivity. The biblical concept of Sabbath reflects a rhythm of rest built into creation, encouraging balance between work and renewal.

Following the presentation, participants engaged in thoughtful discussion. One participant shared that walking provides rest after spending many hours sitting in online meetings. Another reflected on the importance of balancing activity with intentional rest. A third participant described developing a family culture that honors Sunday as a time for connection, being in nature, and restoring the spirit.

The discussion was lively and meaningful as participants shared practical ways they incorporate rest into their Sabbath practice, recognizing that intentional rest nurtures spiritual, emotional, and physical well-being.

Recording of the presentation: [The Rhythm of Rest - Using the Sabbath as God's Gift](#)