

## Principles of Love for Sabbath

### Sabbath – The Best Day

As a Seventh-day Adventist owned and operated institution, Florida Hospital cherishes the Sabbath as a gift from God, bringing meaning and purpose to our hospital life and ministry. This weekly opportunity, celebrated from Friday sundown to Saturday sundown, enables employees, patients, and visitors to connect anew with God as our Creator and Redeemer, and experience the mission of Extending the Healing Ministry of Christ in its fullness. This opportunity is especially significant to an organization whose care for patients continues seven days a week.

### Sabbath Operational Principles

1. God's ultimate design for His creation is abundant life
2. Sabbath is about a balanced rhythm between rest and work
3. Always do that which is best for the patient – (human need above tradition)
4. Remember that work finds its ultimate value in meaning and purpose, not just task
5. Rest – Build trust, reduce fear, uncertainty and pain
6. Bless – Create belonging and diminish alienation, loneliness and boredom
7. Sanctify – Deliver hope that affirms future and purpose; lessen feelings of abandonment and inadequacy

### Principal of Love for Sabbath

1. We hasten healing and reduce suffering  
“As long as it is day, we must do the work of Him who sent me.” ~ John 9:4
2. We build trust and reduce fear through the principal of rest  
“On the seventh day He rested from all His work.” ~ Genesis 2:2
3. We created belonging and diminish loneliness through the principle of relationship  
“Let us love one another, for love comes from God.” ~ 1 John 4:7
4. We deliver HOPE and Lessen despair through the principle of renewal  
“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” ~ Mark 2:27
5. We promote health and reduce disease  
“I have come that they may have life, and that they may have it more abundantly.” ~ John 10:10

### Theological Framework

#### *Creating Health (Principles 1, 2)*

The Sabbath finds its origins in Eden, where God established it as His final, joyous “Amen” to His perfect work of creation. The Sabbath therefore reminds us that sickness, pain and death were not part of God's original design, and that one day He will restore and make all things new. God's desire is for abundant life, and the principles for this abundant living are contained in the CREATION Health framework. Through the Sabbath, God also lived the rhythm of rest/work, thereby demonstrating how we may find strength for body, mind, and spirit

#### *Extending Healing (Principles 3, 4)*

Florida Hospital exists to Extend the Healing Ministry of Christ. During His earthly ministry, Christ brought whole-person healing to individuals on all days of the week – yet He specifically chose to bring such healing on the Sabbath in a number of instances. Relieving human suffering is at the heart of the meaning of Sabbath. The Sabbath is thus a time for us to re-connect with the core mission of extending Christ’s healing ministry to body, mind, and spirit, which brings meaning and purpose to our work every day of the week. In so doing, we ourselves are also touched by His healing ministry.

### *Enriching Experience (Principles 5-7)*

Through our ministry each day, a story is being written in the life of patient, employee, and visitor alike. Every experience has the potential to bring hope and healing. The Sabbath Experience holds the promise of bringing added value and meaning to the experience we seek to provide for all. This additive quality should characterize not only the Sabbath hours, but positively benefit each day’s care.

### **Campus/Department/Unit Consideration**

#### *Creating Health*

1. How are we providing unique opportunities for patients/staff/visitors to encounter God as our Creator and Lord?
2. How are we inviting others to learn and put into practice God’s design through CREATION Health? How is this part of the treatment process for patients?
3. In what ways are we helping our employees, even as they are working, to understand the rhythm of rest/work that God exemplified? For patients? For staff who are not working?

#### *Extending Healing*

1. How do our protocols and processes enable us to provide the best in care for our patients during Sabbath?
2. How are we ensuring a continuity of care for our patients?
3. In what ways are we helping our staff find deeper meaning and purpose in their work as they extend Christ’s healing?
4. Are we clearly communicating to staff the basis for our Sabbath principles through orientation, classes, and workshops?
5. What types of explanations are we providing for our Sabbath environment that never force, but always invite staff and patients to “go deeper” in their understanding and experience?
6. For entities of the hospital not operating during Sabbath hours, how are we enabling them to experience a sense of individual rejuvenation? How does this benefit the larger institution?

#### *Enriching Environment*

1. How can an environment conducive to rest and rejuvenation help build trust?
2. What would it mean for our staff/patients to receive a special blessing through Sabbath? How would this help create belonging?
3. How can we inspire others in realizing that God has a special purpose for their life, delivering hope?
4. In what ways can we help “set the stage” for Sabbath (beginning and ending) in a spirit of anticipation and preparation? Can environment foster trust, belonging, hope?
5. How can the Sabbath Experience inspire a distinctly patient-centered focus for our care?
6. What means can we provide through which our patients can practice generosity, and our staff practice the receiving of affirmation?
7. How could we imagine providing an extra measure of support and care for our staff who are working on Sabbath?

8. Are there ways for us to involve non-direct patient care employees in volunteering their time and expertise in the clinical setting?