

S A B B A T H

Have you ever considered what it means to “take a sabbath”? When the Bible refers to a sabbath, its meaning is rooted in Jewish culture, as a day of religious observance and abstinence from work.

Read Mark 2:27

Jesus’ words reveal to us a true gift from God...the Sabbath. Yet, if there is a gift from God that many of us choose to ignore, it is the Sabbath. “Stop work and rest?” That sounds so impractical. “One day off from work, any work?”. Our culture does not encourage a break from our hyper-busy, over-productive lives. Yet, the Sabbath is a gift from God that we would be wise to receive. It is a gift, making space for us to hear from God, enjoy God, and receive the good things God wants to give us. It is good for our souls, our minds, and our bodies.

MAKING SPACE

Read: Genesis 2:1-3

Reflect: Why does God decide to stop working and rest? Well, God does not need to rest, but God chooses to stop working and rest anyway. God makes space to enjoy what He has created.

Consider: Are you giving space to enjoy what God has created in this world? Are you creating intentional space in your life to receive the gift of the Sabbath?

Read: Exodus 20:1-21

Reflect: Did you ever notice the uniqueness of the Sabbath as the 4th commandment? It is the lynchpin of the two sets of commandments to honor God and honor each other. When we keep the Sabbath we are loving our neighbor because we do not require our neighbor to work for us. Our neighbor, and everyone in the whole society, including animals, get to enjoy the Sabbath when we keep the Sabbath. It is a picture of the whole world enjoying a break from work and money-making to enjoy what God has created.

Consider: What would your life look like if you implemented a weekly 24 hour pause to intentionally focus on life and leisure, instead of your production? How might this be a blessing to your friends and family? Brainstorm with a friend or family member about how to experiment making time to rest. What is the first step you can take this week? You could start with a half day of rest; or even just several hours. Your experiment could turn into a practice, then a habit.
