



SABBATH

*Sabbath: Rest from work, interruption, to cease.
Observance of the seventh day of the week Saturday by Jews as
the day of rest and religious observance (sunset to sunset).
Observance of the first day of the week Sunday by Christians,
in commemoration of the resurrection of Christ.*

Remember to observe the Sabbath day by keeping it holy. Exodus 20: 8 NLT

*Students of the Sabbath have long noted that the command implicitly
forbids creating... Stop creating is the sum of it... We need to be re-created
after all our creating. Creating taps us out... Creating as invigorating as it
can be at times can also be boring, blistering, depleting. Our resources
are limited. Our creativity is easily spent. Creating wears us threadbare.
Sabbath is not for more creating. It is for re-creating.*

*Again what category does wood chopping, antique shopping, grass cutting,
cooking, baking, or letter writing fit with you? Is it something you create
or something that re-creates you? Choose re-creative things on Sabbath.
-Mark Buchanan*

***Sabbath is a day we are commanded to keep holy.
Sabbath is also an attitude, a perspective, an orientation.
A Sabbath heart is restful even in the midst of unrest and upheaval.
You will never enter the Sabbath day without a Sabbath heart.
-Mark Buchanan***

*In creation God (through working six days and resting the
seventh) began a sacred rhythm which we are wise to follow:
Work then rest.
Engage and then disengage.
Get involved and then get uninvolved.*

*Tether yourselves to responsibilities, goals, and agendas, then untether.
We enter a danger zone when we do not cease from work and the demands of others. The
soul is not an animal to be herded, driven and laden.
-Stephen W. Smith*

But Jesus often withdrew to lonely places and prayed. Luke 5:16

If we refuse rest until we are finished, we will never rest until we die. Sabbath dissolves the artificial urgency of our days because it liberates us from the need to be finished. -Wayne Muller

Over the margins of life comes a whisper... a faint call, a premonition of richer living which we know we are passing by. Strained by the very mad pace of our daily outer burdens, we are further strained by an inward uneasiness because we have hints that there is a way of life vastly richer and deeper than all this hurried existence, a life of unhurried serenity and peace and power. -Thomas Kelly

Because we do not rest we lose our way... Poisoned by the hypnotic belief that good things come only through unceasing determination and tireless effort, we never truly rest. And for want of rest, our lives are in danger. -Wayne Muller

Busyness makes us stop caring about things we care about.

But do you play enough? Do you risk enough, and bask in God's Creation enough, and do some things for no reason other than that you'll be dead soon enough anyhow, so why not live a little now?

The worst hallucination busyness conjures is the conviction that "I am God." All depends on me. How will the right things happen at the right time if I'm not pushing and pulling and watching and worrying -Mark Buchanan

There is hardly ever a complete silence in our soul. God is whispering to us well-nigh incessantly. Whenever the sounds of the world die out in the soul, or sink low, then we hear these whisperings of God. He is always whispering to us, only we do not always hear because of the noise, hurry, and distraction which life causes as it rushes on. -Fredrick William Faber

In the spiritual life, the word discipline means the effort to create some space in which God can act. Discipline means to prevent everything in your life from being filled up. Discipline means that somewhere you're not occupied and certainly not preoccupied. -Henri Nouwen

The truth is, Sabbath keeping is a discipline that will mess with you, because once you move beyond just thinking about it and actually begin to practice it, the goodness of it will capture you, body, soul and spirit. You will long for a space in time when the pace is slow and family and friends linger with one another, savoring one another's presence because no one else has anywhere to go. -Ruth Haley Barton