

SABBATH

Hebrews 4:1; 9-11

Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it.

9 So then, a sabbath rest still remains for the people of God; 10 for those who enter God's rest also cease from their labors as God did from his. 11 Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs

Mark 2:27

"The sabbath was made for humankind, and not humankind for the sabbath."

Mark 2:27

8 Remember the sabbath day, and keep it holy. 9 Six days you shall labor and do all your work. 10 But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns.

HENRI NOUWEN

The world says, "If you are not making good use of your time, you are useless. Jesus says: 'Come spend some useless time with me. If we can detach ourselves from the idea of the usefulness of prayer and the results of prayer, we become free to "waste" a precious hour with God in prayer. Gradually, we may find, our "useless" time will transform us, and everything around us will be different. Prayer is being unbusy with God instead of being busy with other things. To not be useful is to remind myself that if anything important or fruitful happens through prayer, it is God who achieves the result. So when I go into the day, I go with the conviction that God is the one who brings forth fruit in my work, and I do not have to act as though I am in control of things. I have to work hard; I have to do my task; I have to offer my best. But I can let go of the illusion of control and be detached from the result. At the end of the day I can prayerfully say that if something good has happened, God be praised.

ABRAHAM HESCHEL

To the biblical mind... labor is the means toward an end, and the Sabbath as a day of rest, as a day of abstaining from toil, is not for the purpose of recovering one's lost strength and becoming fit for the forthcoming labor. The Sabbath is a day for the sake of life. Man is not a beast of burden, and the Sabbath is not for the purpose of enhancing the efficiency of his work. "Last in creation, first in intention," the Sabbath is "the end of creation of heaven and earth." The Sabbath is not for the sake of the weekdays; the weekdays are for the sake of Sabbath. It is not an interlude but the climax of living.

Sabbath Rest

The Night Before

- Consider the things that will nourish you and bring you life.
 - Worship, reading, a walk, the meals you'll eat, playing, etc.
- Grab a box or basket and put the things you won't need to take with you on Sunday.
 - Cell phone, credit cards, work or school project, laptop, etc.
- Invite God to guide you through your sabbath.
 - Light a candle - enjoy a meal with family and/or friends - go to bed early and pray that God gives you a deep refreshing sleep

Sunday

- Awake gently. If possible don't use an alarm and allow yourself to wake up naturally.
 - Spend a moment with a simple prayer of gratitude for your rest and night before and welcome God into your day.
- Spend your day doing what you enjoy with God.