

For Heaven's Sake, Give It a Rest!: God's Radical Sabbath Command

Session Four – Embracing Sabbath: Humans, Being

Pastor Ruud – November 2023

Session Overview

Having delved into the Sabbath command, hearing the inherent gift of rest woven into the completion and wholeness of creation and a part God's creative Spirit while also being God's freeing "no" against Pharaoh's oppressive voice of endless, toilsome production and power, we turn to practical matters of how we may actually *do* it – how we may facilitate, embody, enact, and gift the routine of Sabbath in our lives. In this session, we look at practices and situations of how we may do Sabbath, setting us free as God's beloved humans... being. Noting Jesus' Sabbath example of *shemitah* or "release" and recognizing the important pattern and attentiveness to rest in his own life, we draw courage. We find it may be a radical reorientation, or indeed transformation of how we see ourselves, others, and the world.

Key Scripture

[Psalm 46](#)

[Mark 1:12-13](#)

Questions

- Reflect on Psalm 46's exhortation, "*Be still and know that I am God.*" How does *being still* promote faith, freedom, and love for ourselves and for our neighbor?
- Reflecting on the seven different types of rest in the presentation – physical, mental, sensory, creative, emotional, social, and spiritual – which ones do you find you lack most? Are there types of rest which are a new experience, idea, or encounter for you? What does our culture lack most? Which would you most like to gift to others?
- "The Sabbath was made for humankind, not humankind for the Sabbath." How does this scripture, quote by Jesus help to hold Sabbath as a gift. How do we remember it better? How do we keep it for ourselves?

Prayer:

God who rests, teach us your ways, O Lord. Give us peace beyond our toil and the faithfulness to enact and give it to others, in the name of Christ. Amen.