

1 Part of creation

Exodus 20:8-11

'There is more to life than simply increasing its speed.' Ghandi

'I make myself rich by making my wants few' Thoreau

2 What

Sabbath means "Day of rest". God wrote into creation a pattern of activity (work) and rest. We were created needing sleep. Plants grew up and then died down. We have seasons. We can see here both a specific activity of regular - weekly - times of stopping work, and also a pattern of life.

What do you think Sabbath is? Is it all about the day or the pattern of life?

3 Why

- a) What happens to our bodies?
- b) Why were we created like this?

4 How

a). Plan Regular Sabbaths

Know your bodies and your limits, listen to the warning signs and get regular rest

- moments in the day (make lunch special by taking a walk and reading a scripture)
- adequate sleep
- weekly days of rest
- holidays
- longer periods every now and then.

b). Keep it holy

Holy means "set apart", different. How can you "keep it holy"?

c). Rest your bodies

When God created the world, it says he took six days to create the world and on the seventh He rested. Why did God rest on the seventh day?

d). Rest your minds

A bow is stronger if it is unstrung between use - if it is always strung it loses its power.

An electric drill gets overheated if you just keep on drilling. It needs regular breaks to cool off before going back to work. If you just keep working it, it will at some point soon stop functioning.

e). Restore your spirit Ps 23:1-3

Do you think some sort of worship should be associated with Sabbath? "We're going to rest today so that our souls can catch up with our bodies."

f). Be creative

We are all different, our contexts are different and our life circumstances change.

5. God takes it seriously

Lev 25:2-6 gives a command and vs 14-16 and 33-34 lays out what will happen if the people of Israel disregard this practice.

"No one questions that [this] relates to Israel's Babylonian captivity for failure to observe the sabbatical year in the calendar that was given to the nation by the Lord." (Thomas Ice)