

THE SACRAMENT OF LIVING

EPIPHANY 2011

The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

Abraham Heschel

Therefore, since the promise of entering his rest still stands...

Author of Hebrews

SACRAMENT OF SABBATH

THE SACRAMENT OF LIVING

EPIPHANY 2011

Matthew 11:28 – 12:8

11:28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” 12:1 At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2 When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.” 3 He answered, “Haven’t you read what David did when he and his companions were hungry?”

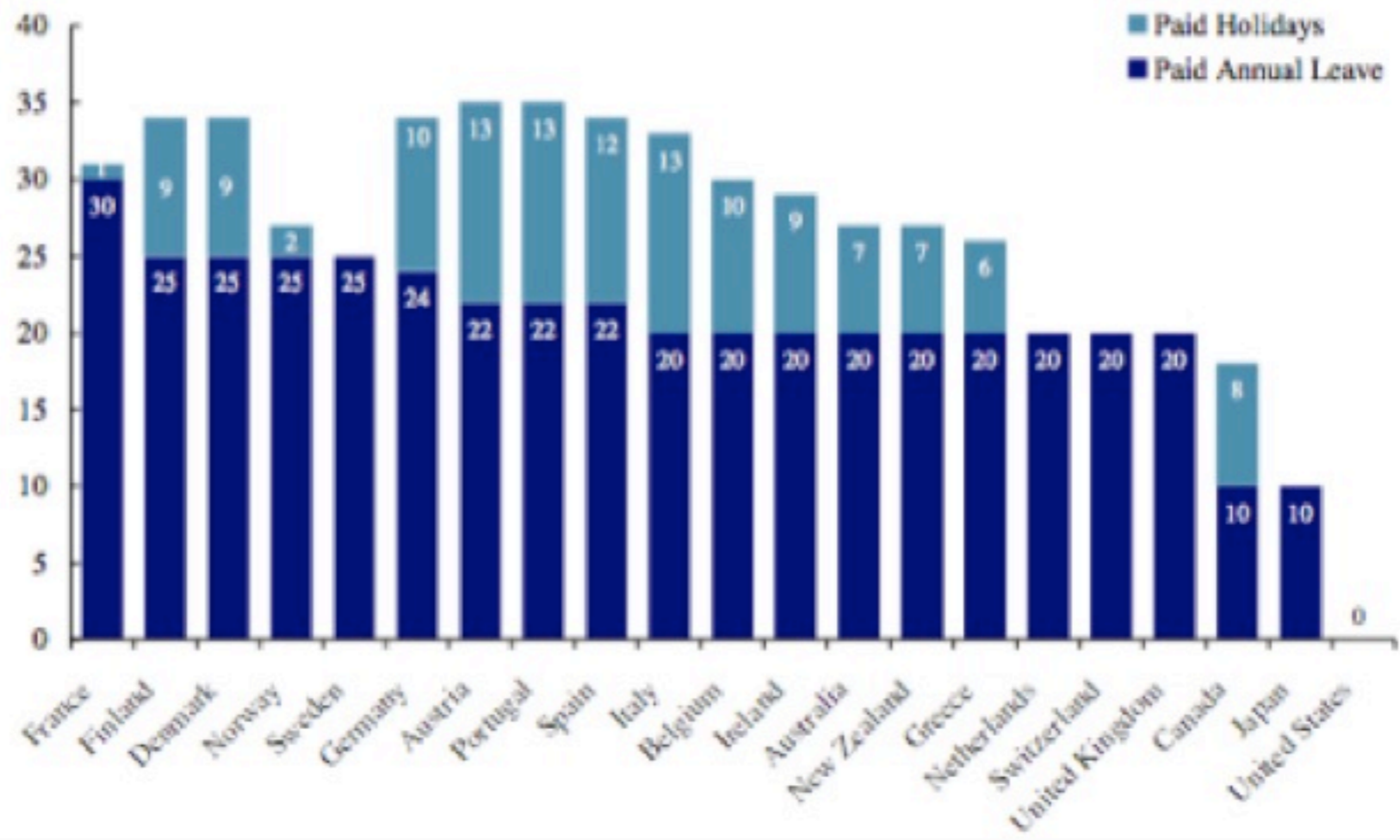
4 He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5 Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? 6 I tell you that one greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath."

SACRAMENT OF SABBATH

THE SACRAMENT OF LIVING

EPIPHANY 2011

Paid Vacation and Paid Holidays, OECD Nations, in Working Days



SABBATH CYCLES

Genesis 2 vs 1-3

1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

WEKLY CYCLE

Exodus 20 vs 8-11

8 “Remember the Sabbath day by keeping 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. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

ANNUAL CYCLE

Leviticus 25 vs 1-5

1 The LORD said to Moses on Mount Sinai, 2 “Speak to the Israelites and say to them: ‘When you enter the land I am going to give you, the land itself must observe a Sabbath to the LORD. 3 For six years sow your fields, and for six years prune your vineyards and gather their crops. 4 But in the seventh year the land is to have a year of Sabbath rest, a Sabbath to the LORD. Do not sow your fields or prune your vineyards. 5 Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest.

Leviticus 26 vs 14-17

14 “But if you will not listen to me and carry out all these commands, 15 and if you reject my decrees and abhor my laws and fail to carry out all my commands and so violate my covenant, 16 then I will do this to you: I will bring on you sudden terror, wasting diseases and fever that will destroy your sight and sap your strength. You will plant seed in vain, because your enemies will eat it. 17 I will set my face against you so that you will be defeated by your enemies; those who hate you will rule over you, and you will flee even when no one is pursuing you.

Jeremiah 29 vs 10

10 This is what the LORD says: “When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place.

Leviticus 26 vs 34-35

34 Then the land will enjoy its sabbath years all the time that it lies desolate and you are in the country of your enemies; then the land will rest and enjoy its sabbaths. 35 All the time that it lies desolate, the land will have the rest it did not have during the sabbaths you lived in it....when you go into desolation the land is going to enjoy the sabbath that you didn't give it...until the land had enjoyed its sabbaths. All the days of desolation the land kept sabbath until 70 years were complete.

NATURAL LAW

SABBATH HEART

Mark Buchanan, The Rest of God

“...when I say Sabbath, I also mean an attitude. It is a perspective, an orientation. I mean a Sabbath heart, not just a Sabbath day. A Sabbath heart is restful even in the midst of unrest and upheaval. It is attentive to the presence of God and others even in the welter of much coming and going, rising and falling. It is still and knows God even when mountains fall into the sea. You will never enter the Sabbath day without a Sabbath heart.

SABBATH REST

Matthew 11:28 – 12:8

11:28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” 12:1 At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2 When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.” 3 He answered, “Haven’t you read what David did when he and his companions were hungry?”

4 He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5 Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? 6 I tell you that one greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath."

LITERALLY 24 HOURS

Abraham Heschel

"Our goal should be to live life in radical amazement...get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed."

WORK
WORK
WORK
WORK
WORK
WORK
REST

REST
WORK
WORK
WORK
WORK
WORK
WORK

DESIGN RHYTHMS

- plan times of renewal
- mark your regular days off
- personal wilderness time

SABBATH RESISTANCE

Cat & The Hat

That is what the cat said...
Then he fell on his head!
He came down with a bump
From up there on the ball.
And Sally and I,
We saw *ALL* the things fall.

BUSYNESS

Mark Buchanan, The Rest of God

“In a culture where busyness is a fetish and stillness is laziness, rest is sloth. But without rest, we miss the rest of God: the rest he invites us to enter more fully so that we might know him more deeply. ‘Be still and know that I am God’...Sabbath is both a day and an attitude to nurture such stillness. It is both time on a calendar and a disposition of the heart. It is a day we enter, but just as much a way we see. Sabbath imparts the rest of God-actual physical, mental, spiritual rest, but also the rest of God-the things of God’s nature and presence we miss in our busyness.”

CULTURE

CULTURE

- Work

CULTURE

- Work
- Fear

CULTURE

- Work
- Fear
- Consumerism

Abraham Heschel

There is a realm of time where the goal is not to have but to be, not to own but to give, not to control but to share, not to subdue but to be in accord. Life goes wrong when the control of space, the acquisition of things of space, becomes our sole concern.

SURRENDER

IMPLICATIONS

RHYTHM

INTENTIONALITY

EXPECTATION

SACRAMENT OF SABBATH

THE SACRAMENT OF LIVING

EPIPHANY 2011