

# Rhythm . . .

## in sabbath

### Gen 2:2-3

<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.  
<sup>3</sup> 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.

### Exodus 20:8-11

<sup>8</sup> “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labour and do all your work, <sup>10</sup> 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. <sup>11</sup> 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.

### Heb 4:9-10

<sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God’s rest also rests from their works, just as God did from his.

### Questions:

How well do you practise Sabbath in your life?

What day of the week do you stop “creating?” When do you **not** look at your emails, turn your computer on, make a ‘to do’ list?

When do you simply be?

Why do we find it so hard to stop, to reflect, to be still?

**Rabbi Abraham Joshua Heschel said that “Sabbath gives the world the spiritual energy it needs to exist for another six days.”**

For Israel the Sabbath was not only a commandment; it was a gift. It was a gift for leaving Egypt. In Egypt as slaves, the self worth of the people was defined by their slave masters; by the number of bricks they made for Pharaoh. If you did not make enough, you could be killed. Sabbath is part of the celebration of rescue from Egypt. It means remembering what it means to be loved for who you are, not for what you produce.

How can you better practise Sabbath in your life? How can you stop creating, and simply “be?”