

SERMON NOTES: A LIFE LIVED WELL 8 - SABBATH (Sunday 14 June 2015)

SCRIPTURE

Genesis 2:1-3

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 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

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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. 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.

Mark 2:27

Then he said to them, “The Sabbath was made for man, not man for the Sabbath.”

QUOTES

“[Menuha] is the state in which man lies still, wherein the wicked cease from troubling and the weary are at rest. It is the state in which there is no strife and no fighting, no fear and no distrust. The essence of the good life is *menuha*.”

“It is not we who are longing for a day of rest, but the Sabbath spirit that is lonely and longs for us. We are the mate of the Sabbath, and each week, through our sanctification of the Sabbath, we

marry the day. That marriage shapes us. What we are depends on what the Sabbath is to us.”

Abraham Heschel

ADDITIONAL READING

Sabbath - Abraham Heschel

Mandate to Difference - Walter Brueggemann

Sabbath as Resistance - Walter Brueggemann

REFLECTION QUESTIONS

Sabbath as holy

- + How can I spend Sabbath differently to every other day?
- + How will I embrace the mystery, rather than the answers or productivity of creation?

Sabbath as rest

- + How can I best enhance my soul's ability to restore and rejuvenate?
- + Am I letting activity or productivity be the motivation in how I spend the Sabbath?

Sabbath as resistance

- + How can I intentionally withdraw from the myths of culture that seek to define my identity and life?
- + How can I resist technology, consumerism, work and productivity?

Practically:

- + When am I having sabbath?
- + Who am I spending sabbath with?
- + What am I (NOT) going to do?