

Do You Need a New Rhythm?

Rediscovering the Gift of Sabbath Rest

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Meditative Prayer:

Be Still and Know that I Am God

Be Still and Know that I Am

Be Still and Know

Be Still

Be

Psalm 46:10

Sabbath Memories:

What do you remember about the way you spent Sunday afternoons as a child?

What kinds of activities did you enjoy and with whom did you enjoy them?

What do you notice about the pace of that day?

Why don't we spend Sunday afternoons the way that we used to?

Why don't we spend that time enjoying a more leisurely pace, or a lazy day on another day of the week?

Sabbath Quotes:

We are told in the beginning of time that God created for 6 days and what did he do on the 7th day? He rested. God created the world and he said it was good. God created humans and he said they were very good. God created the Sabbath and said it was holy. Matthew Sleeth, MD

Our culture lacks any true sense of margins, of limits, instead of limits, we have overload. Margin is the place between our load and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating. Richard Swenson, MD

Overload is not having time to finish the book you are reading on stress. Margin is having time to read it twice. Overload is fatigue. Margin is energy. Overload is red ink. Margin is black ink. Overload is hurry. Margin is calm. Overload is anxiety. Margin is security. Overload is the disease of our time. Margin is the cure. Richard Swenson, MD

There is a rhythm in the way day dissolves into night, and night into morning. There is a rhythm as the active growth of spring and summer is quieted by the necessary dormancy of fall and winter. There is a tidal rhythm, a deep, eternal conversation between the land and the sea. There is a human rhythm of waking and sleeping. There is the rhythm of our hearts resting between each beat, of our lungs, resting between the inhale and exhale. Wayne Muller

Sabbath Scriptures:

Remember the Sabbath day and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For, in six days the LORD made heaven and earth, the

sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the Sabbath day and consecrated it. Exodus 20:8-11 NRSV

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep Company with me and you'll learn to live freely and lightly. Matthew 11:28-30 The Message

Sabbath Reflection:

As you think about Sabbath Rest as something that is life-giving:

What is the picture that you have of Sabbath Rest?

What words or images come into your mind when you hear the words Sabbath Rest?

As you think about Sabbath as a place of solitude, stillness, and sanctuary:

Where do you find that kind of place in your life?

Where is your place of solitude, stillness, and sanctuary?

Sabbath Box Exercise:

A Sabbath box is a box in which you place the things- or symbols of the things- that you've chosen to cease from, in order to protect your Sabbath space. These are things you want to be intentional about leaving behind.

Take a moment to think about what things you do not wish to invite into your Sabbath?

Then, take a box that you have lying around the house, and place those items in that box before the start of your Sabbath day, in order to protect your Sabbath time.

At the end of the day, receive them back into your life. Wayne Muller

Sabbath Journaling:

As you look back over the last week's activities, answer the following questions:

What have you found to be life-giving, helping you to give and receive love?

What have you found to be life-draining, hindering you from giving and receiving love?

Take a few moments to engage in some reflection and stream of consciousness writing around these questions, trying as much as possible to write without evaluating yourself.

Sabbath Poem:

Breathe

Rest in Rest, Holy Leisure- Airtight Time: Sabbath.

Hearing Ears, Creation Slowing- Open Eyes: Sabbath.

Guiltless Feasting, Sacred Rhythms- Heaven Hugging: Sabbath.

Nothing- Doing, Nowhere- Going, Work Unknowing: Sabbath.

John David Walt

Resources:

Margin- Richard Swenson, MD

24-6- Matthew Sleeth, MD

Sabbath- Wayne Muller

Sabbath-Keeping- Lynne M. Baab

Sacred Rhythms- Ruth Haley Barton

