

The Ruthless Elimination of Hurry

Week 4:

The Practice of Sabbath

1

Review

- Silence and Solitude
- Simplicity
- Start/Stop

2

Hurry, Desires, and Restlessness

- “In the torment of the insufficiency of everything attainable, we learn that ultimately in this world there is no finished symphony.”-Karl Rahner
- Infinite Desire + Finite Soul= Restlessness
- What do you do with your pent-up unsatisfied desires and restlessness?
- “You have made us for yourself, and our heart is restless until it rests in you.”-Saint Augustine

3

Restfulness vs. Restlessness

- Margin vs. Busyness
 - Even Paced vs. Hurry
 - Quiet vs. Noise
 - Deep Relationships vs Isolation
 - Time Alone vs. Crowds
 - Delight vs. Distraction
 - Enjoyment vs. Envy
 - Clarity vs Confusion
 - Work as contribution vs work as accumulation and accomplishment
- Contentment vs Discontentment
Working from Love vs. Working for Love

4

Sabbath

- Hebrew “shabbat” Stop
 - A Day and yet more than just a day... a way of being in this world
“People who keep sabbath live all seven days differently”-Walter Brueggemann.
- Sabbath is resting from and resting for.... Peacefulness, purposeful and preparatory
- Sabbath will come... whether as delight or discipline

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Scriptures on Sabbath

- “The Sabbath was made for man; not man for the sabbath.” Mark 2:23-28 Mark 3:1-6; 1 Samuel 21
- Holy Saturday as the Day of Rest for Jesus in the Tomb
- Genesis 2 Stop and Delight- The 3 blessings.... Animals, humanity, and then the Sabbath Day. Blessing gives the power and potential to bring forth LIFE
- Exodus 20:1-2; 8-11; Deuteronomy 5:12-15 ; Exodus 31:12-18
- Sabbatical rhythms in the context of feasts : 7 year-Deut. 15:1-6; Lev. 23:1-3 The Sabbath year: Lev. 25:1-7; 8-17
- Jesus as the Real Rest- Hebrews 4:1-13

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Sabbath and Cultivating Delight

- “The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. It is the day we anticipate on Wednesday, Thursday, and Friday__ and the day we remember on the days after. Sabbath is the holy time where we consume and meditate on the Word, feast, play, dance, have sex, sing, pray, laugh, tell stories, read, paint, walk and watch creation in its fullness. Few people are willing to enter the Sabbath and sanctify it, to make it holy, because a full day of delight and joy is more than most people can bear in a lifetime, let alone a week” –Dan Allender *Sabbath*

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Luther on Sabbath

Accordingly, when you are asked what —You are to hallow the day of rest means answer:

Hallowing the day of rest means to keep it holy What is meant by —keeping it holy? Nothing else than devoting it to holy words, holy works, and holy living. The day itself does not need to be made holy, for it was created holy. But God wants it to be holy for you. So it becomes holy or unholy on your account, depending on whether you spend it doing something holy or unholy. How does such sanctifying take place? Not when we sit behind the stove and refrain from hard work, or place a garland on our head and dress up in our best clothes, but, as has been said, when we make use of God’s Word and exercise ourselves in it.

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Luther on Sabbath

Truly, we Christians ought to make every day such a holy day and devote ourselves only to holy things, that is, to occupy ourselves daily with God's Word and carry it in our hearts and on our lips. However, as we have said, because we all do not have the time and leisure, we must set aside several hours a week for the young people, or at least a day for the whole community, when we can concentrate only on these matters and deal especially with the Ten Commandments, the Creed, and the Lord's Prayer, and thus regulate our entire life and being in accordance with God's Word. Whenever this practice is in force, a holy day is truly kept. When it is not, it ought not be called a Christian holy day. For non-Christians can spend a day in rest and idleness, too, and so can the whole swarm of clerics in our time who stand day after day in the church, singing and ringing bells, but without keeping a single day holy, because they neither preach nor practice God's Word, but rather teach and live contrary to it

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Not Simply a Day Off

- Rest and Worship
- It is the way of grace-seeing creation as a gift of grace, your life as a gift of grace, God as a Giver of Grace
- Remembering and Observing
- Sabbath as part of the creation story and Sabbath as freedom from Slavery
- Resisting the ways of "Egypt" Resisting Slavery + Slave Driving
- Sabbath as Social Justice
- Is the Torah's Sabbath as legalistic as we might think?
- Resting Well on the Sabbath slows down the other 6 days

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This practice will take a while if.....

- You start believing it is coming to church and yet more....
- We start to see we live in a functional Egypt every day
- We realize the western church doesn't really get it
- You see how much we need to disconnect to fully immerse ourselves in the Day

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Ideas to Bless Your Sabbath

- Call it "Tech free" Day
- Take longer naps
- Eat longer meals/Cook together/try new recipes/Bake
- Get some family food/game traditions going
- Enjoy something that makes you delight in God's creation (wine/beer tasting??)
- Read/Watch/Listen to something edifying and restful
- Explore somewhere quiet and peaceful (nature preserve/beach/)
- Family Devotion Time/Family Bike Ride/Play Tennis
- And when you go to sleep on the night of Sabbath, make sure to re-enter the week (Monday) slowly.

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True Rest

“True Restfulness is a form of awareness, a way of being in life. It is living ordinary life with a sense of ease, gratitude, appreciation, peace and prayer. We are restful when ordinary life is enough.” –Ronald Rolheiser

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The Practice of Slowing Down

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Slowing down to think through the week

- Is my schedule lining up with my values as a Jesus follower?
- Am I setting things up to be more *reactive* then *proactive*?
- Is Jesus filling my week?

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Slowing down in a nutshell

- “The practice of cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait.” –John Ortberg
- Slow down your body. Slow down your life
- Make half day/full day fasting part of your cycle. (Food, tech, shopping, driving etc.)

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Ideas for slowing down

- Set times for email
- Take up Journaling
- Set a time and time limit for social media
- Longer vacations (if you can)
- Season of the year that things are slowed down (summer?)
- Limit TV and apps
- Focus in on single tasking over multi-tasking
- Walk a little slower (deliberately)
- Cook together (and eat in)

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Slowing down to breathe and meditate

- “Persons who meditate become people of substance who have thought things out and have deep convictions, who can explain difficult concepts in simple language, and who have good reasons behind everything they do. Many people do not meditate. They skim everything, picking and choosing on impulse, having no thought-out reasons for their behavior. Following whim, they find themselves living shallow lives.”-Tim Keller

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Closing Thoughts and Scriptures

- 1 Thessalonians 4:11
- Matthew 6:16-18