

THE SACRAMENT OF LIVING

EPIPHANY 2011

At least one day in every seven, pull off the road and park the car in the garage. Close the door to the tool shed and turn off the computer. Stay at home not because you are sick but because you are well. Talk someone you love into being well with you. Take a nap, a walk, an hour for lunch. Test the premise that you are worth more than what you can produce – that even if you spend one whole day being good for nothing you would still be precious in God's sight – and when you get anxious because you are convinced that is not so, remember that your own conviction is not required. This is a commandment. Your worth has already been established, even when you are not working. The purpose of the commandment is to woo you to the same truth.

Barbara Brown Taylor An Altar in the World

The Sacrament of Saying No

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Mark 2:23–28 and 3:1–6

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

²⁵ He answered, “Have you never read what David did when he and his companions were hungry and in need? ²⁶ In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”

²⁷ Then he said to them, “The Sabbath was made for people, not people for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.”

Mark 2:23–28 and 3:1–6

¹ Another time Jesus went into the synagogue, and a man with a shriveled hand was there. ² Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. ³ Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” ⁴ Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.

⁵ He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. ⁶ Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Learning how to REST

A brief history of the Sabbath

SABBATH AT CREATION

SABBATH AND ISRAEL

Judith Shulevitz

The Sabbath, said the rabbi's, is a bride given by God to her groom, the people of Israel. Once a week, they go forth in wedding clothes to marry her.

The Sabbath, said the rabbi's, is a gift from God's treasury. Once a week, his people receive from it and are enriched.

The Sabbath, said the rabbi's, is the Temple in time rather than space.

SABBATH AND THE PROPHETS

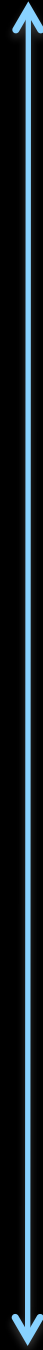
SABBATH AND JESUS

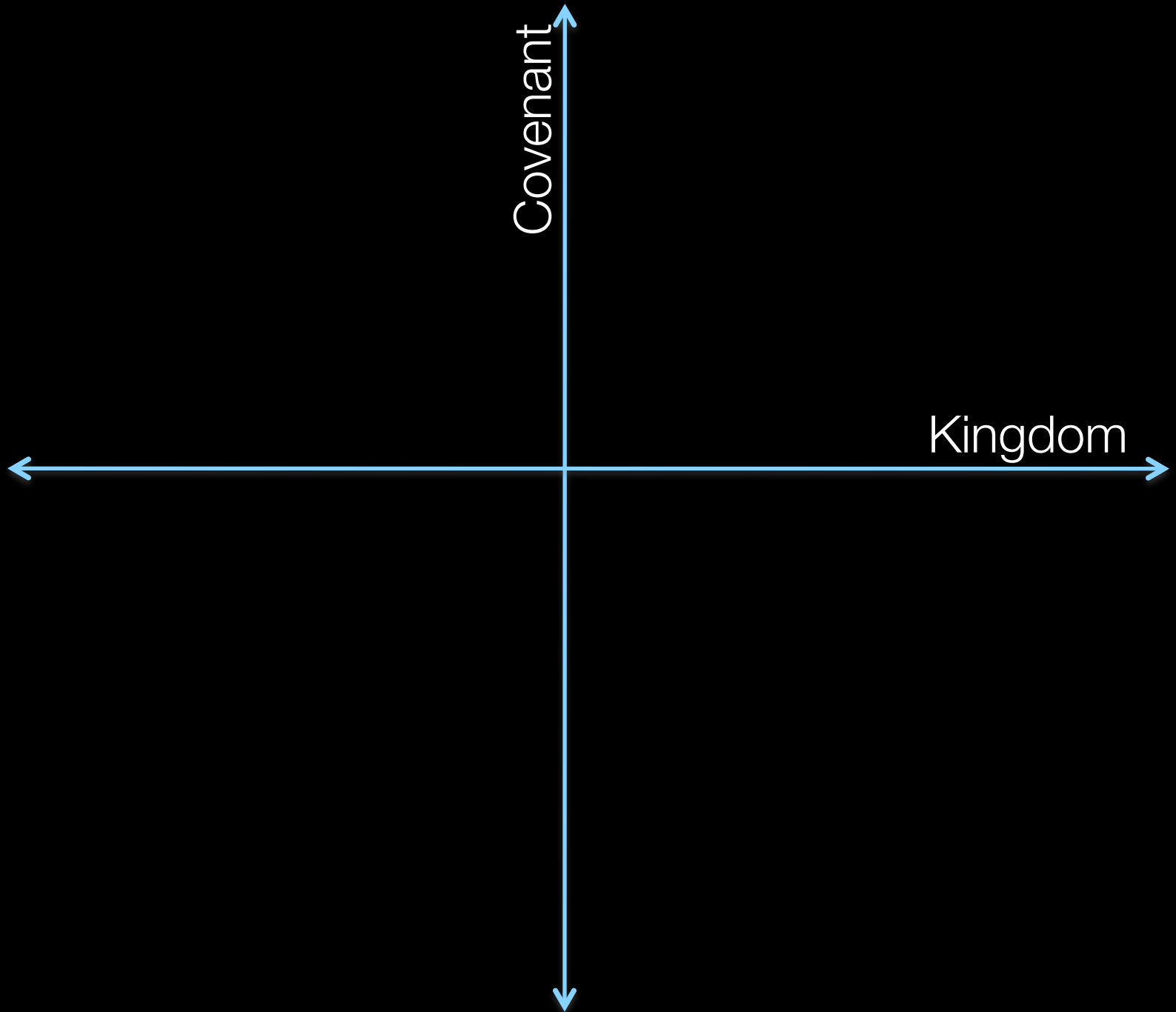
ENJOY GOD

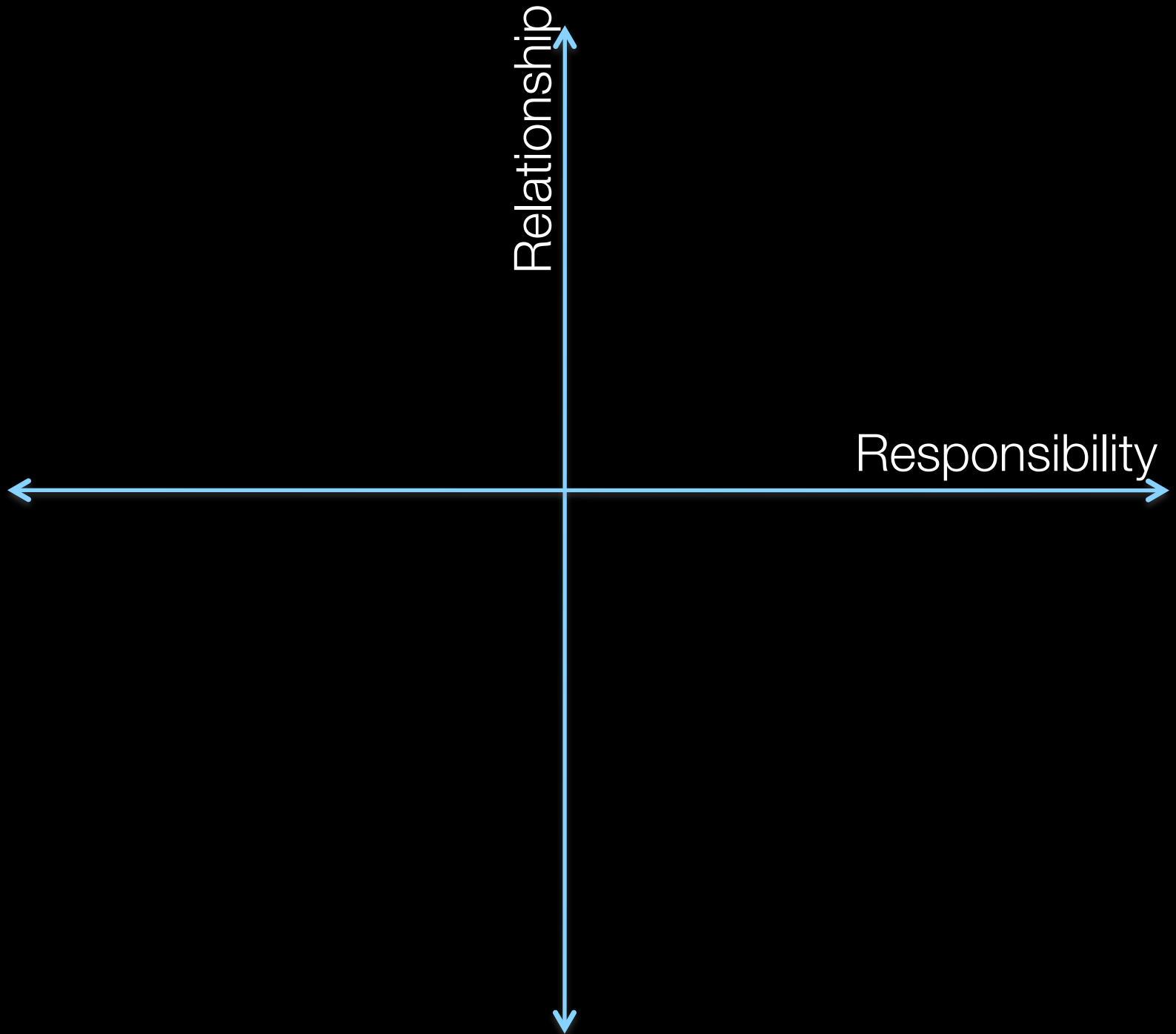
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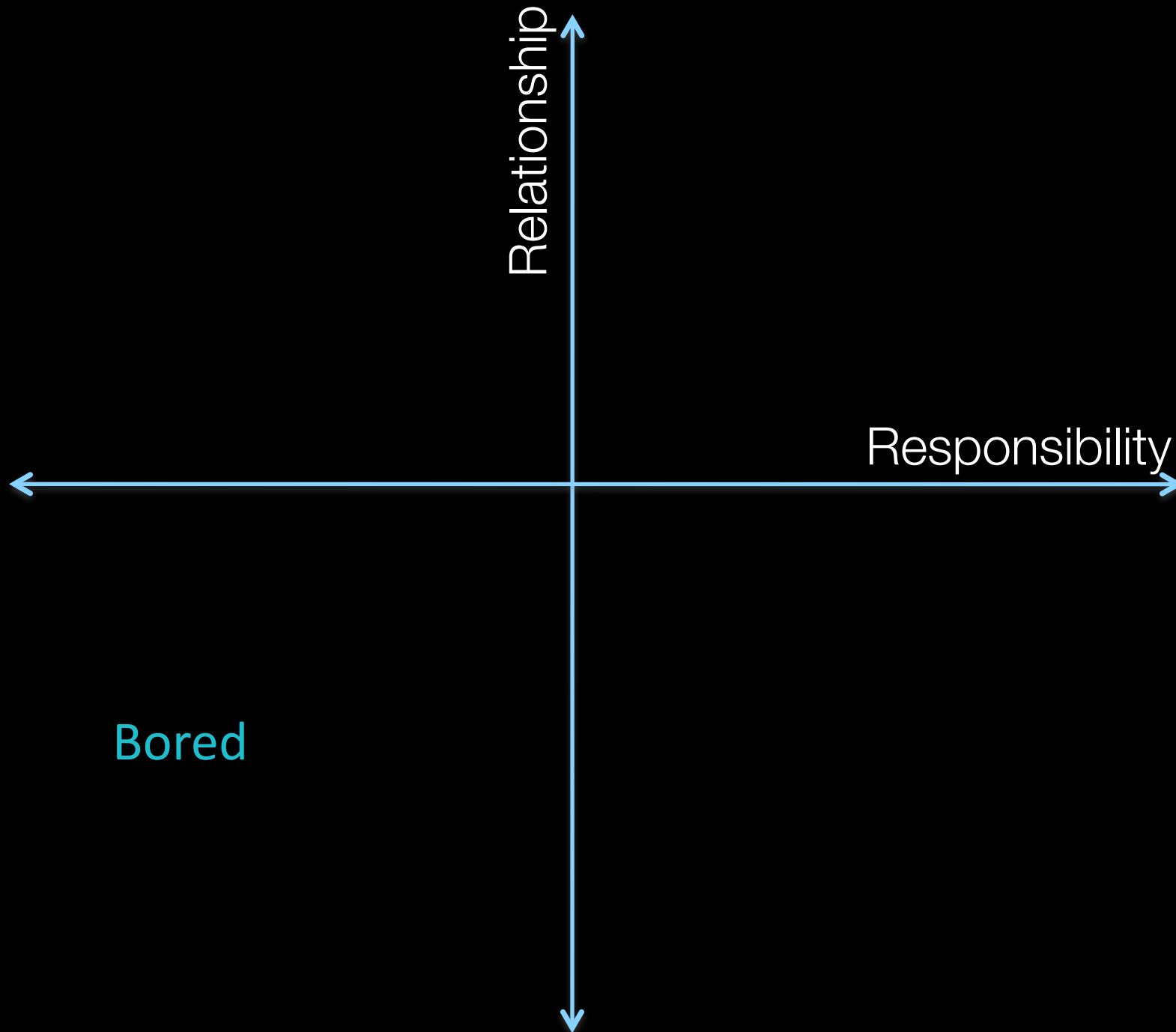
GROW YOUR FAITH

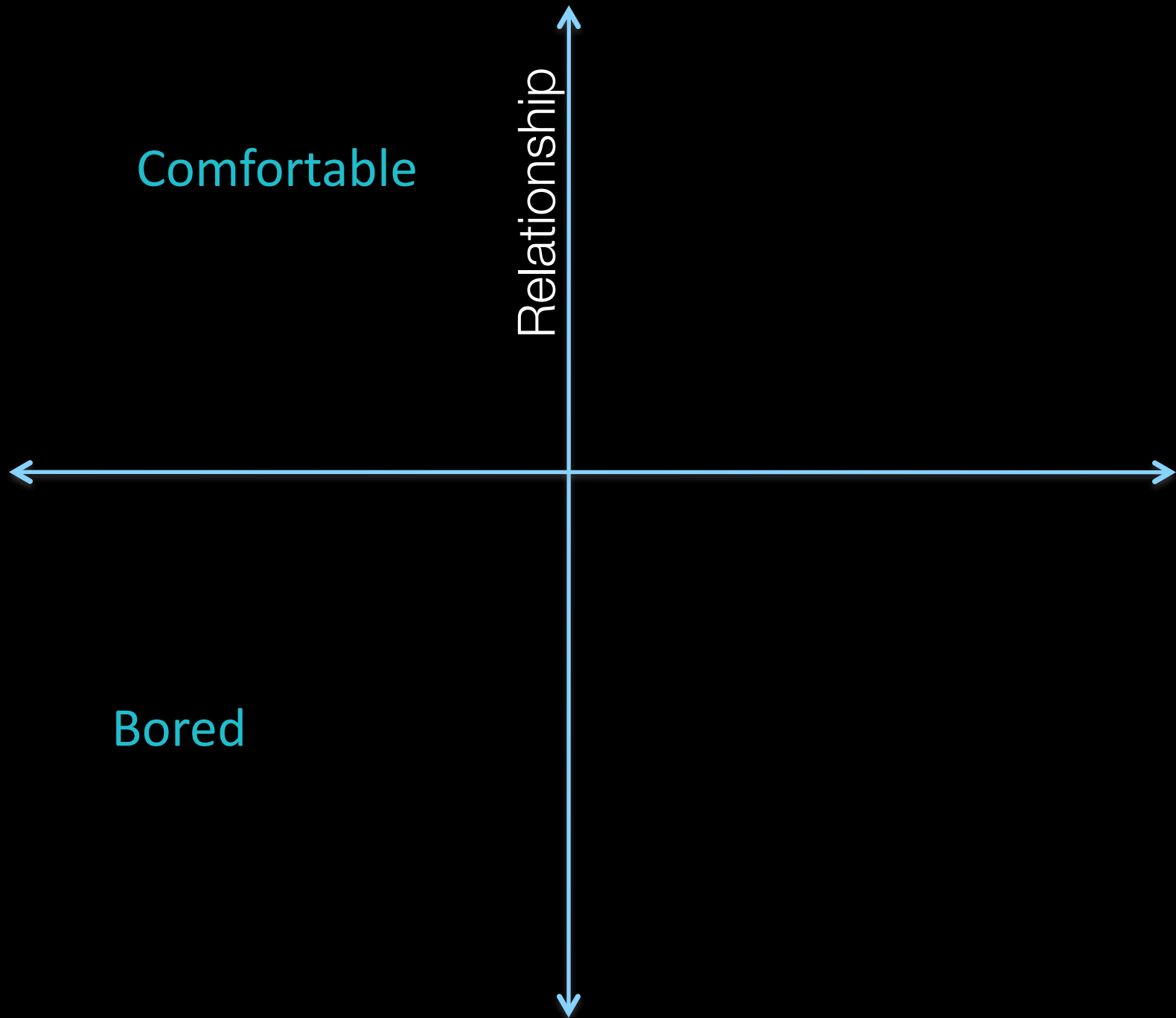
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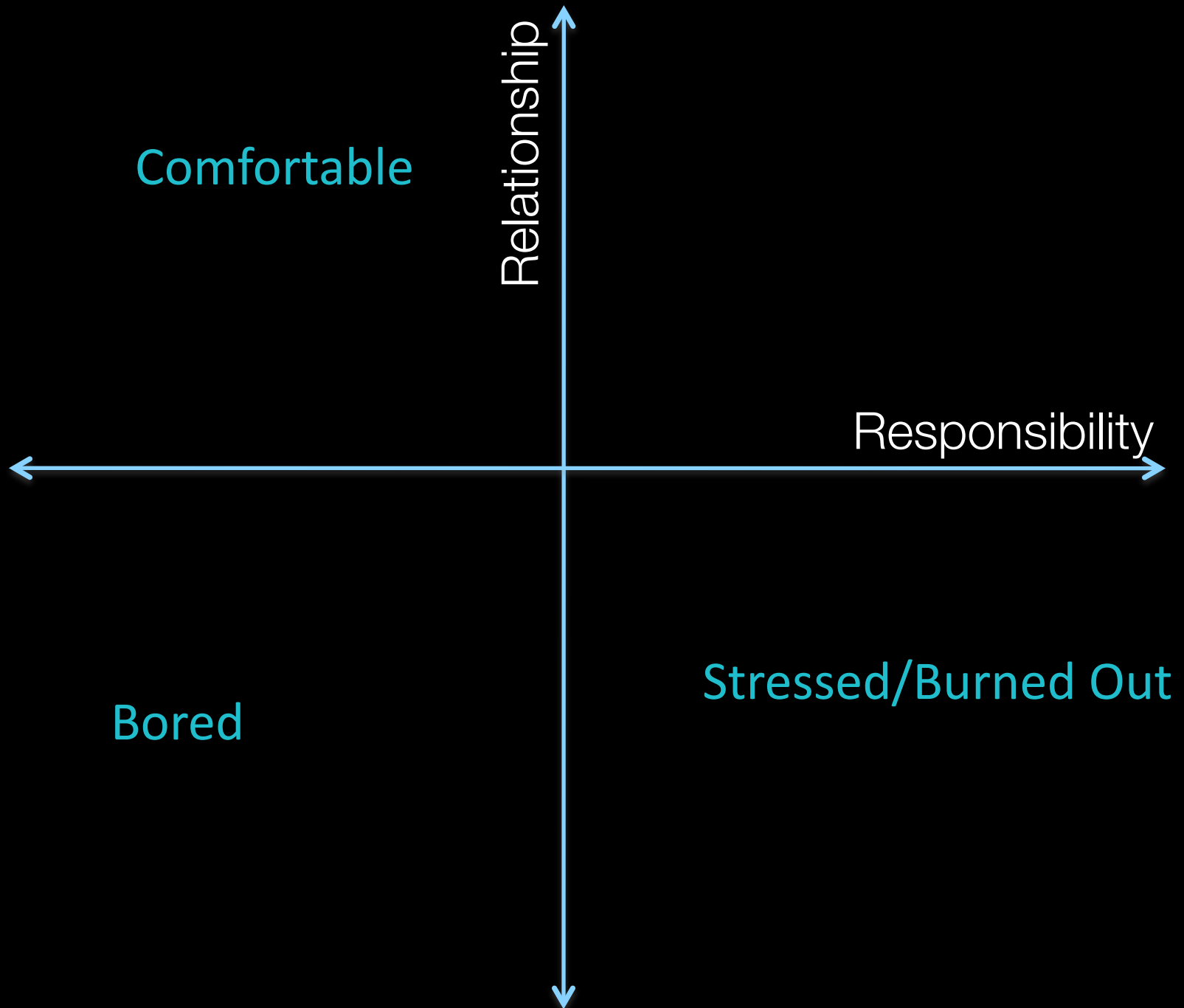


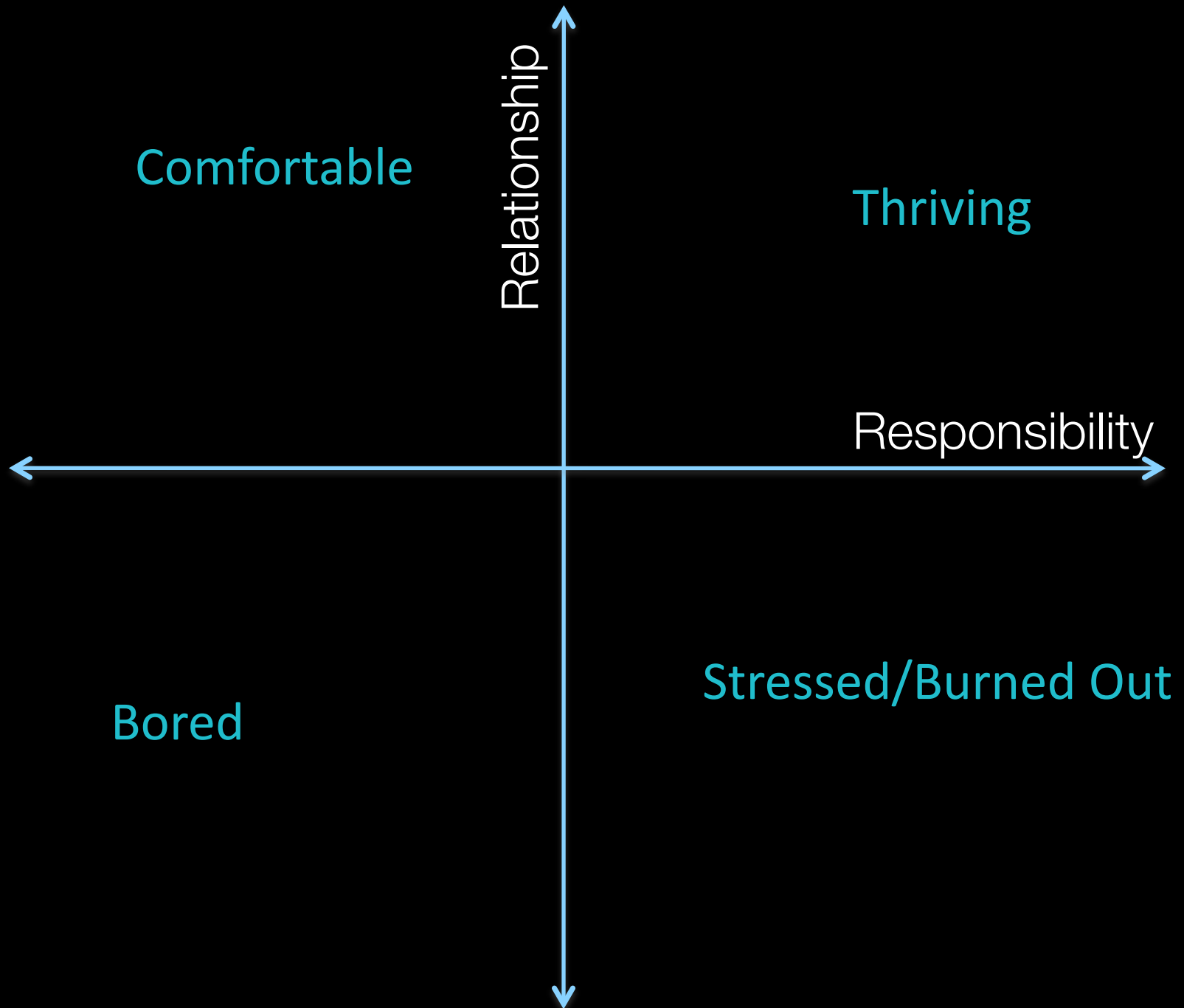


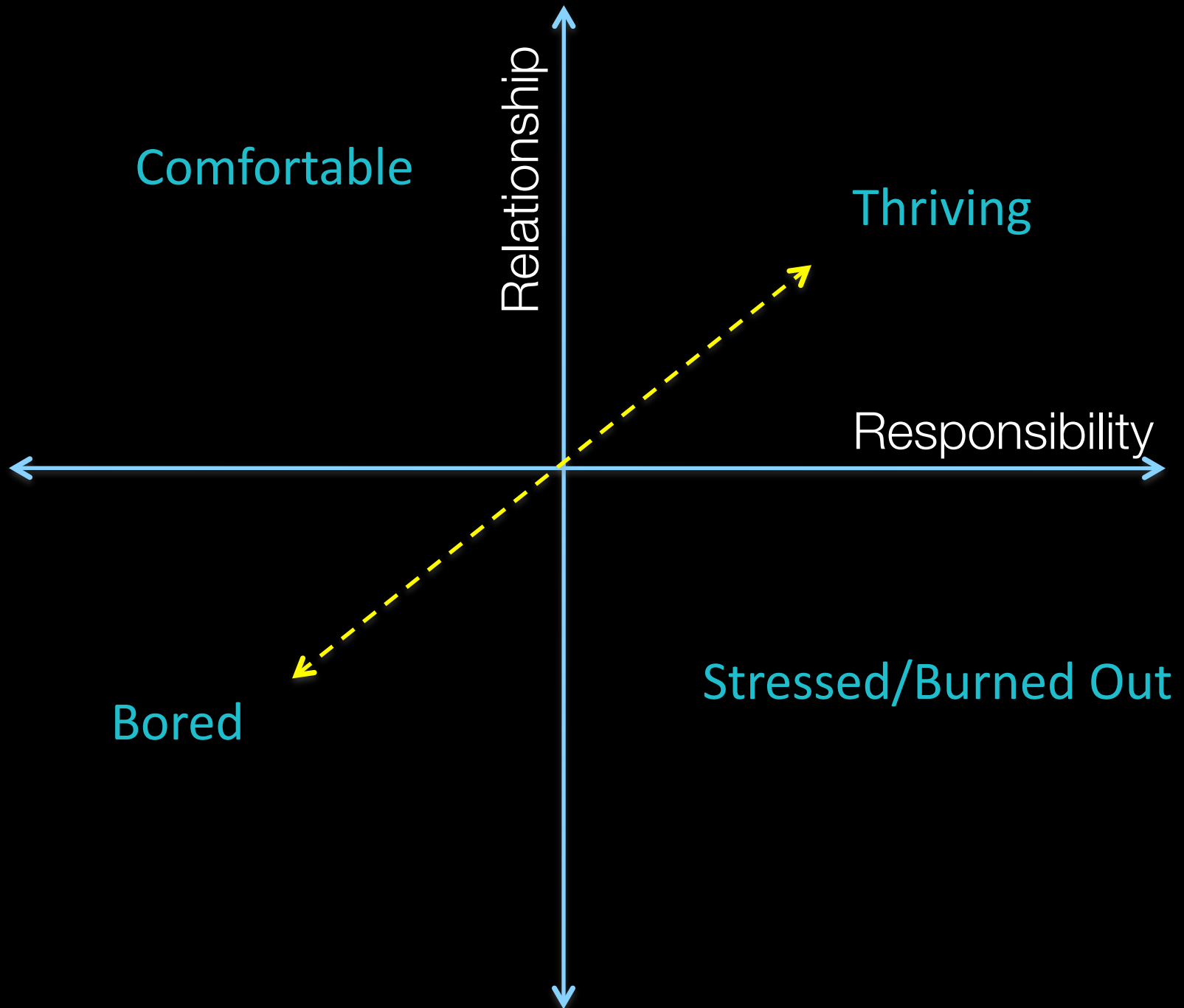
Comfortable

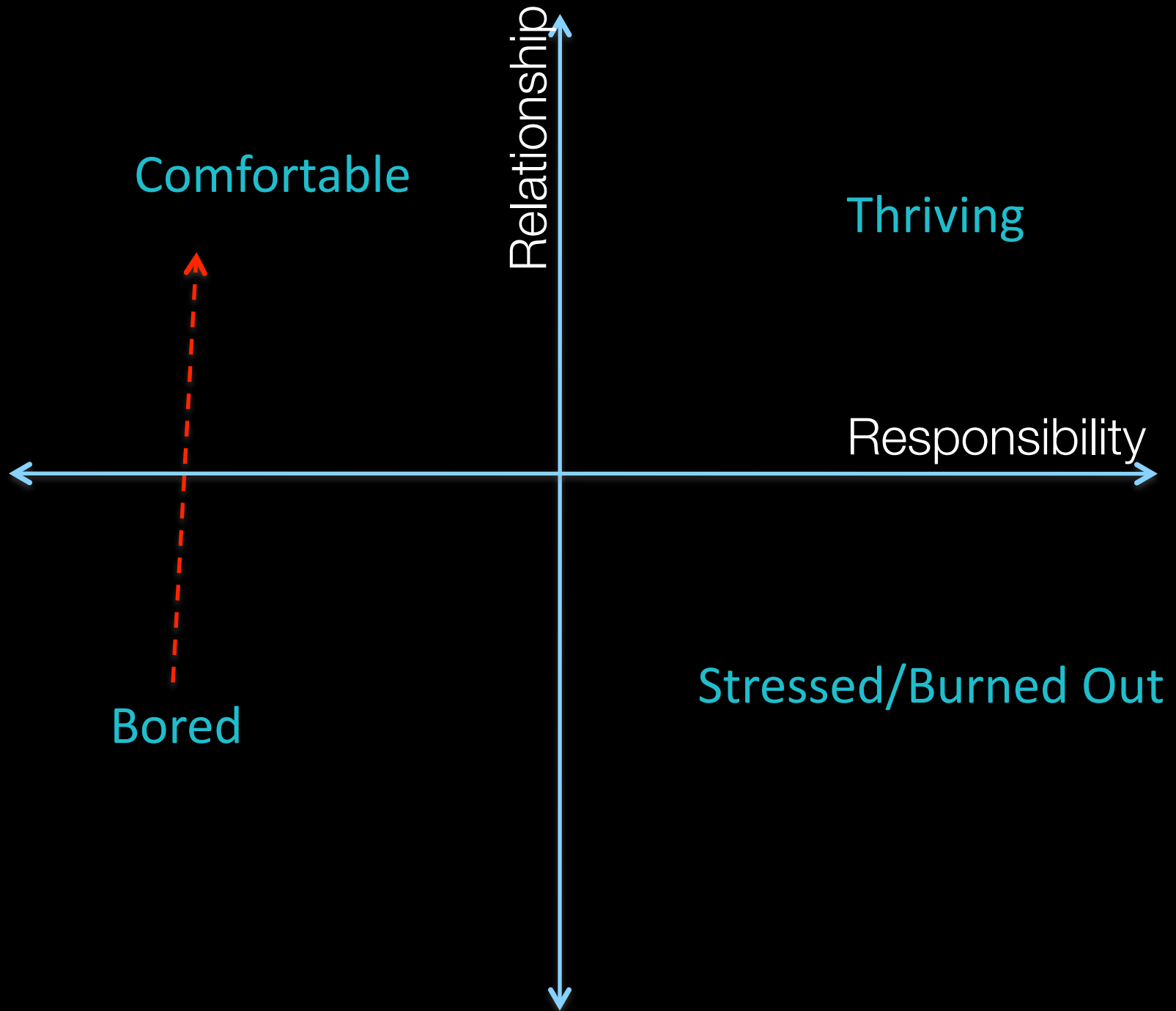
Relationship

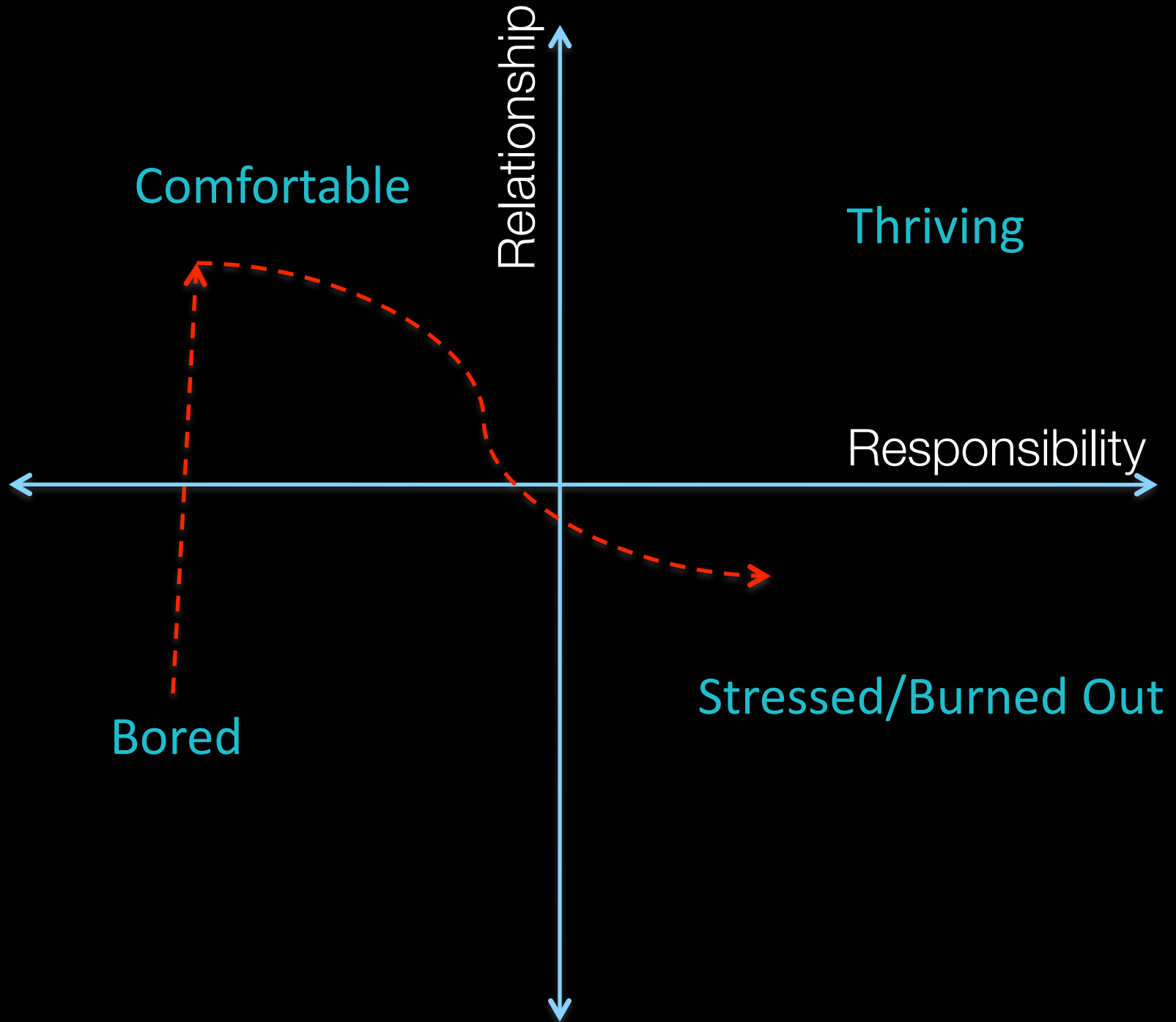
Bored

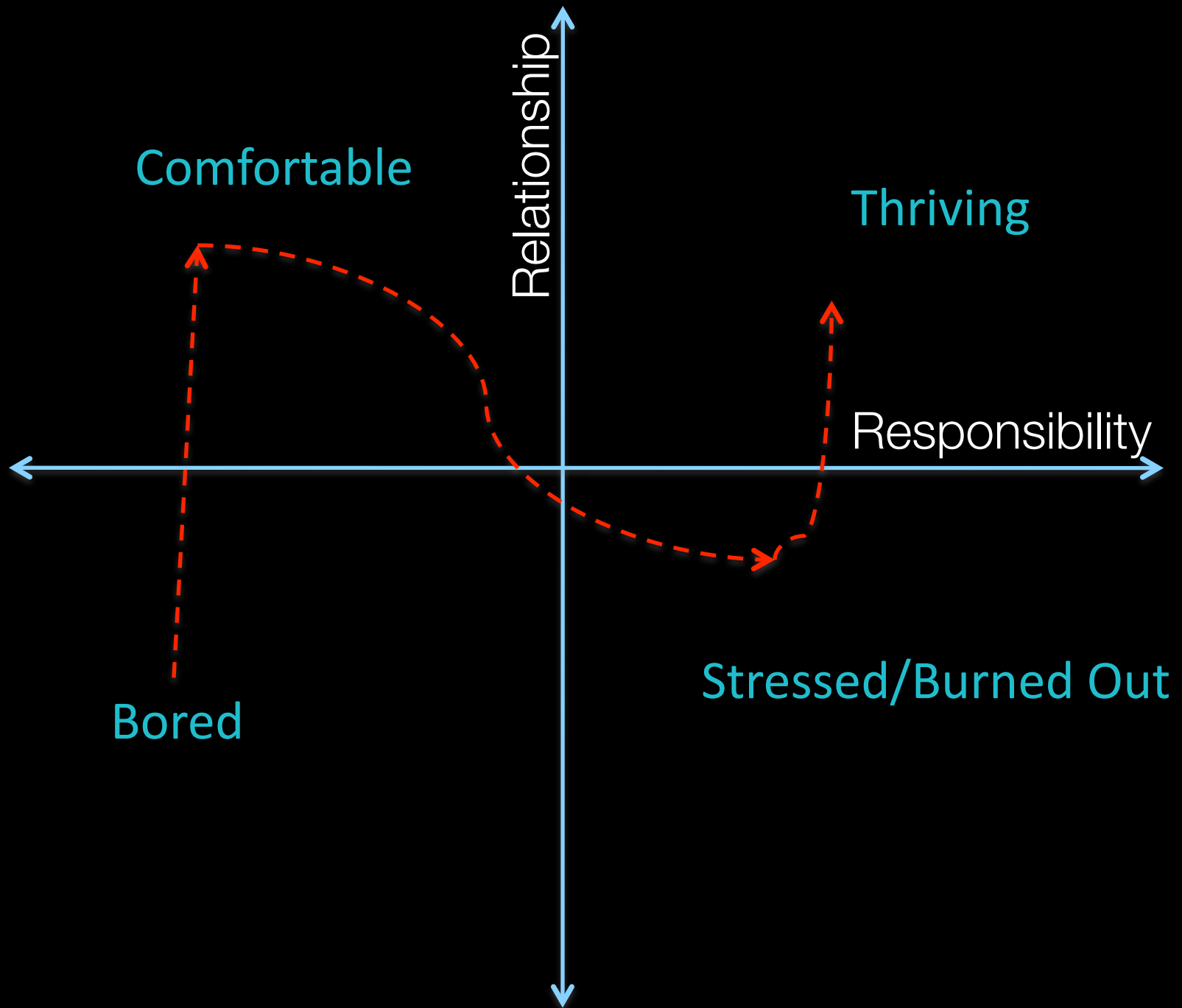


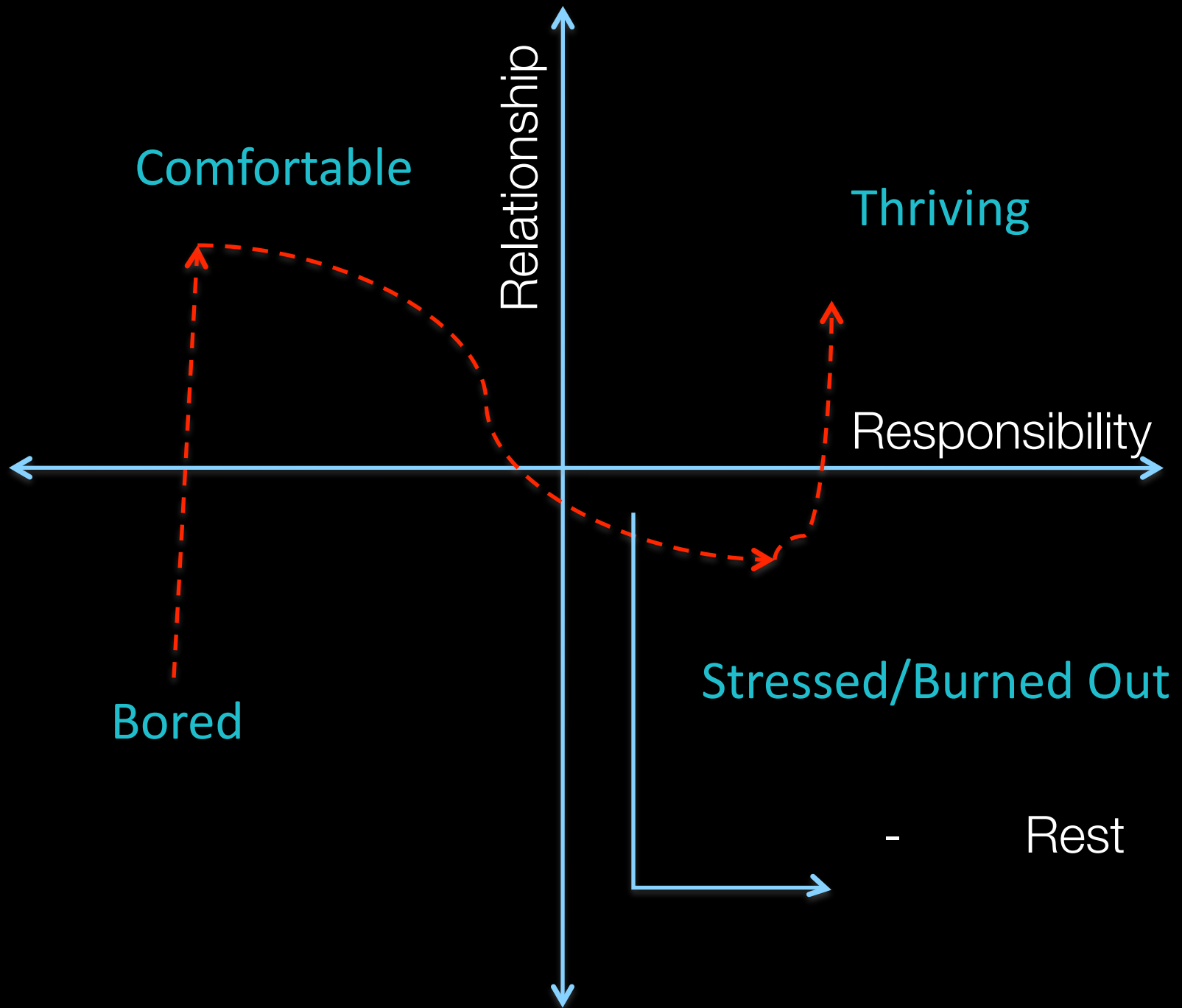


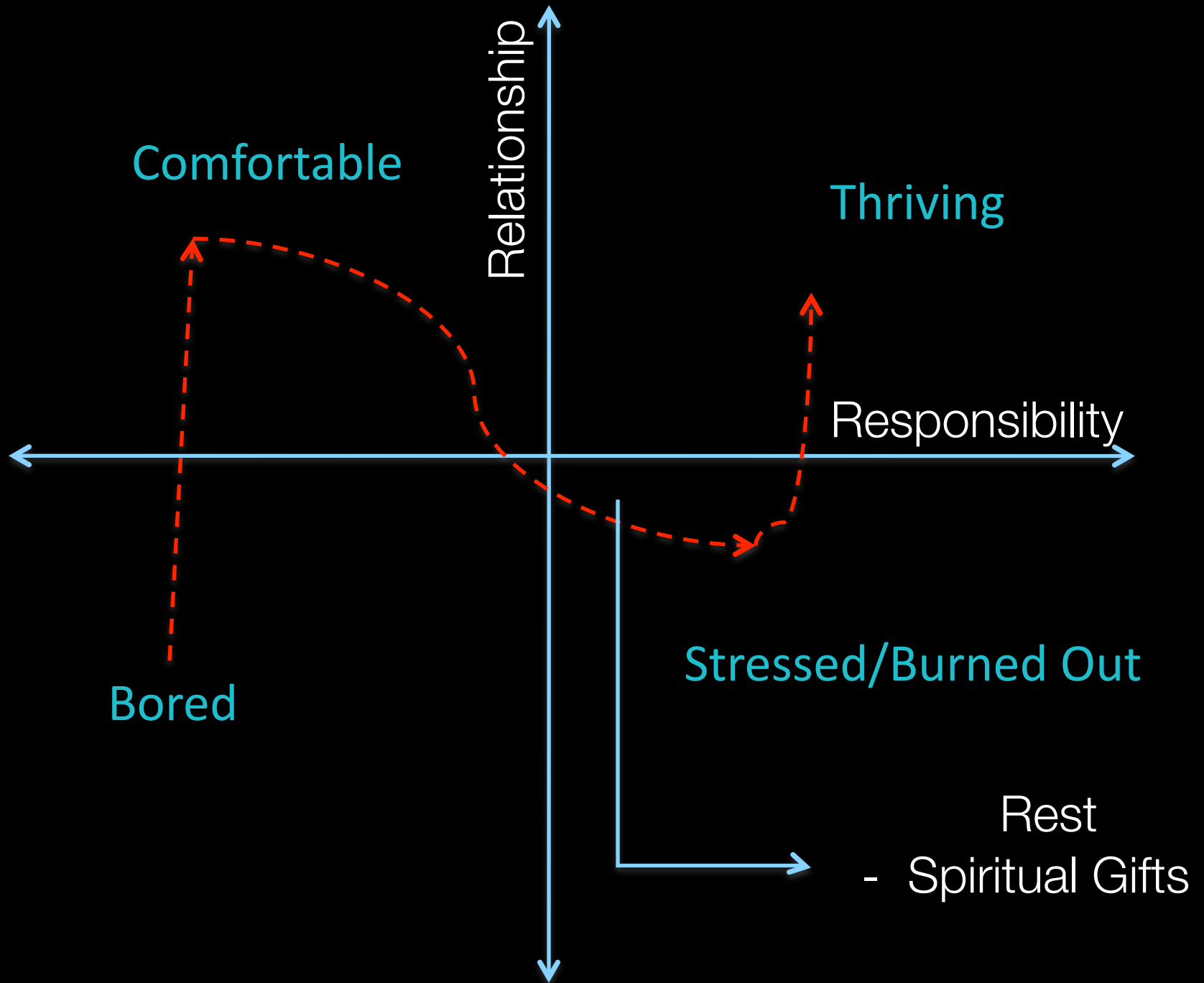


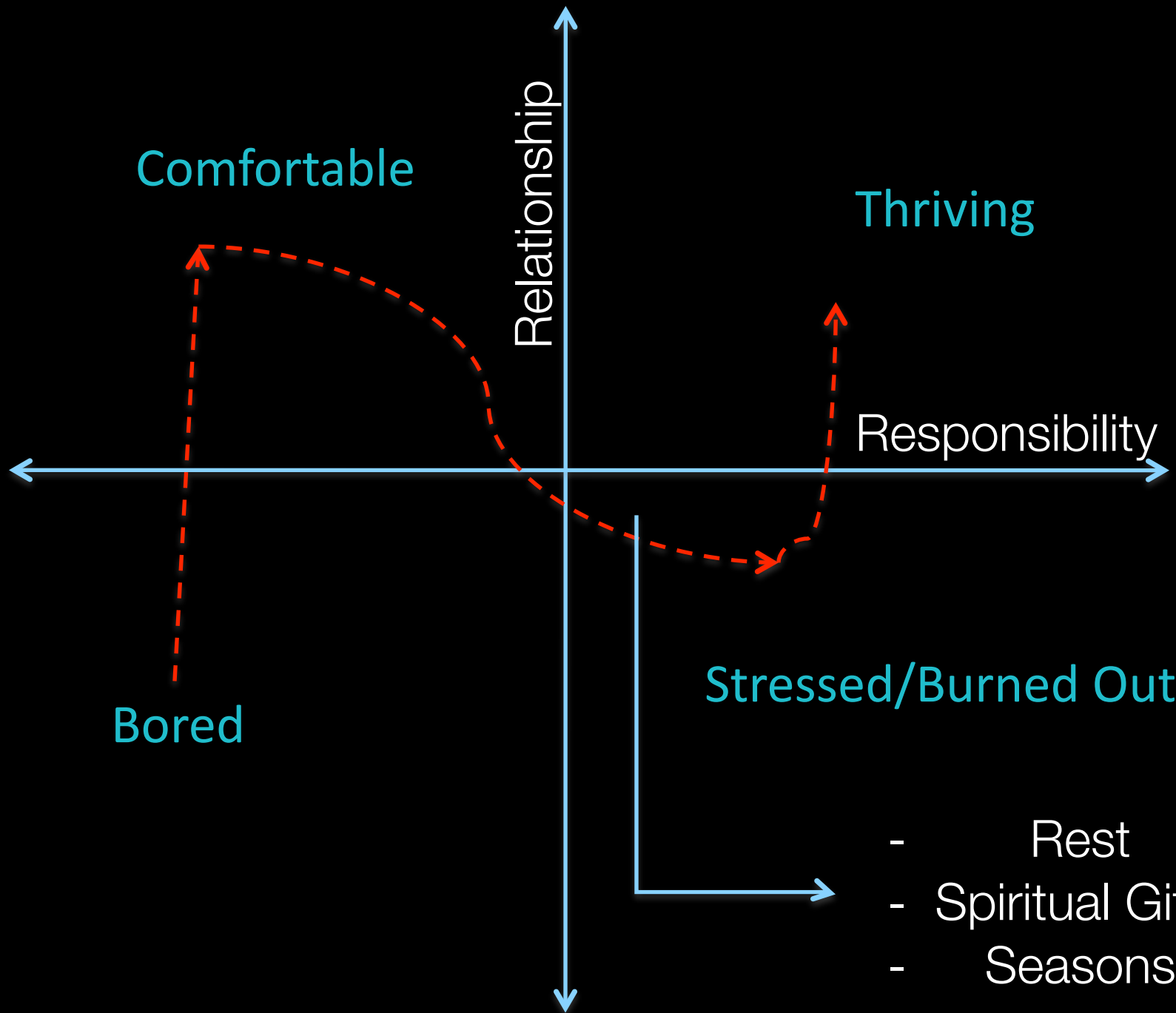












Excitement → Disillusionment → Adjustment → Health

COMMIT TO PRACTICE SABBATH

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