

Sunday, January 30th, 2021- Sacred Dreaming/ Sabbath Sunday (Gen 28:10-22, Acts 2:14-21)

Overview - January at New Roots is Vision Month. We have been working from the theme of Sacred Dreaming. From the dreams of the Wisemen to Jacob's dream at Bethel. Core points so far: you don't have to have it all together for God to give you a vision, sometimes vision comes when we lean into the hard places, that God's vision is always bigger than just you as an individual, and that God's vision usually unfold on a journey - a mental, physical and/or social - God shows up in the liminal, inbetween, unknown places. This week, on Sabbath Sunday, we will lean into the revelatory power of sleep and rest in readying ourselves to receive God's vision.

Story Exegesis -

- Both the story of Jacob's dream at Bethel and the Pentecost story in Acts illustrate the importance of rest. Before the Apostles received the gift of the Spirit, they were resting: Acts 2:2 - "And Suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house **where they were sitting.**"
- In the case of Jacob, after being sent away from home - his first encounter with God occurs when he lays his head to rest on a rock, when he is sleeping.

Key Points -

1. **Rest is not the destination or the reward.** Too often, in this #SelfCareSunday culture, we view rest as a reward or as a destination. When we view rest as a reward, we can continue cramming our unhealthy, extractive, depleting practices into six days a week, or six and a half days a week. God revealed Godself to Jacob in a dream, in the midst of Jacob's journey. This is not the only time rest was revelatory for Jacob. The Nap Bishop Tricia Hersey shares that part of practicing rest is facing our calendars with intention and thoughtfulness. Rest must be integrated in our every breath.
2. **Rest is not about you.** Rest is about more than you. How we rest and how often we rest is about more than our own health or increasing our own capacity to produce. Rest allows for increased collectivity and connection. Jacob has a lot of support on his journey from people like Rebekah & his rest made way for a dream that affects his ENTIRE lineage. Our rest, or lack of it, affects our awareness of and our posture to the world around us. Sometimes we need to move at that works for everyone, which means we are resting not because our body demands it, but because we are being mindful of the whole. How do we rest well?
3. **Rest is an invitation and a declaration.** Our rest is a reflection of our values - our rest, as much as our waking works, communicates what we believe to be just. Rest is offered as God's invitation, but we respond to God with our rest. Rest becomes our declaration, our proclamation.

Core Questions:

1. How might God be calling you into deeper, and more sustainable, rituals of rest in this season?
2. Who (human & non-human) is affected by your rest or lack of rest?
3. If you believed that your rest was a reflection of your values, what would your rest look like?