

We've Come A Long Way But the Journey Isn't Over – A Call for Resistance

Rest as Resistance

Isaiah 64:1-4, 8-9 ; James 4:1-10

Recap – This is the last Sunday of Black History Month theme and the theme has been Black Resistance. We started with Reimagining as Resistance – calling on us all to imagine a world that rejects the status quo and moves towards Jubilee. Then on AME Founders Day we explored Religion as Resistance taking our lesson from the early history of the AME Church and its assertion of the basic dignity and God given gifts of people of African descent – and the places where resistance was required within the church to move it toward Jubilee. Last week we talked about Relationship as Resistance and the ways that through our relationships we can reject notions of who is worthy and whose “tribe” we should be in, and build radical community with each other. This Sunday we finish our series with Rest as Resistance.

Exegesis

- The call to rest is one of God’s clear commandments, so important that it is on the tablets that Moses brings down from the mountain.
- Despite its centrality in the Bible its importance is often lost in Christian teaching and practice
- At New Roots we are trying to embrace and revive this practice because God is so clear about the need for rest. So why are we called to rest?.....

Why are we called to Rest?

0. Because God said so – God as mother makes this clearer for me. It is all over the scriptures so there is no doubt that this is God’s will for us all.
1. Because there is only one God – it is not you, so you can sit down. God got this. Our rest is about trusting that God will handle it while we rest.
2. Because you are HUMAN, and you have limits that must be acknowledged. We have to recognize the natural cycles of rest that God has created for us and all living things.
3. When we stop/slow activity, we create opportunity for others to do the same!!!! Our rest as resistance is also about pushing back on a system that asks some to give all of their time an effort for very little reward. Our rest is not just about personal privilege but about fighting for a world of sabbath for all.

Reflection Questions

1. Take some time to read and reflect on what God says to us about Sabbath. How can you allow God’s words, admonishments and encouragements to shape your attitude toward rest? (Psalms 127:2; Isaiah 26:3; Matthew 11:28-30; Hebrews 4:9-11)
2. How is your practice of Sabbath (or lack thereof) a reflection of your trust in God (or lack thereof)? How can you lean more deeply into trusting God in your life and in the world?
3. What is a practice of Sabbath that you can incorporate into this Lenten season?
Challenge: think about how you might offer/invite other people into this practice.