



NO KINGS

BUT CHRIST

THE KINGDOM OF GOD IN PRACTICE

SABBATH REST



Mark 2:23-28 NRSV

One Sabbath he was going through the grain fields, and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the Sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food, how he entered the house of God when Abiathar was high priest and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions?" Then he said to them, "The Sabbath was made for humankind and not humankind for the Sabbath, so the Son of Man is lord even of the Sabbath."

- Mark 2:23-28



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“Your life as a Christian should make nonbelievers question their disbelief in God.”

- Dietrich Bonhoeffer

Sabbath

Living our lives in a flurry of hurry and busyness
cut off our connection to God, to others,
and even our own souls.

“God walks ‘slowly’ because he is love. If he is not love he would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is ‘slow’ yet it is lord over all other speeds since it is the speed of love.”

- Kosuke Koyama

Then he said to them, “The Sabbath was made for humankind and not humankind for the Sabbath, so the Son of Man is lord even of the Sabbath.”

- Mark 2:27-28

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

“The Sabbath has largely been forgotten by the church, which has uncritically mimicked the rhythms of the industrial and success-obsessed West. The result? Our road-weary, exhausted churches have largely failed to integrate Sabbath into their lives as vital elements of Christian discipleship. It is not as though we do not love God - we love God deeply. We just do not know how to sit with God anymore. We have become perhaps the most emotionally exhausted, psychologically overworked, spiritually malnourished people in history.”

- A.J. Swoboda

What is restful to you?

What is restorative to your soul?