

# Sacred Rhythms

Sabbath: Establishing Rhythms of Work and Rest

Mark 2:23-28 NRSVUE

*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?"*

- Mark 2:23-28

*27 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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Sabbath: Establishing Rhythms of Work and Rest

*On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.*

- Genesis 2:2-3

Shavat: to rest

*“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 Pharisees said to him, “Look, why are they doing what is not lawful on the Sabbath?”*

- Mark 2:24

*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?”*

- Mark 2:25-26

*27 Then he said to them, “The Sabbath was made for humankind and not humankind for the Sabbath...”*

- Mark 2:27

*“...so the Son of Man is lord even of the Sabbath.”*

- Mark 2:28

“The day (Sabbath) is set apart, devoted completely to rest, worship and delighting in God, but the rest of the week must be lived in such a way as to make Sabbath possible.”

- Ruth Haley Barton

“The heart of Sabbath is that we cease our work  
so that we can rest and delight in God and  
God’s good gifts.”

- Ruth Haley Barton



# Ceasing work

- no job work
- no chores
- no buying

# Resting

- extra sleep if possible
- physical activities you enjoy

# Delighting in God's good gifts

- listening to music/book
- Reading
- visiting friends
- hobby work
- low tech activities

# Delighting in God

- Prayer
- scripture reading
- self examination
- church
- Solitude
- music