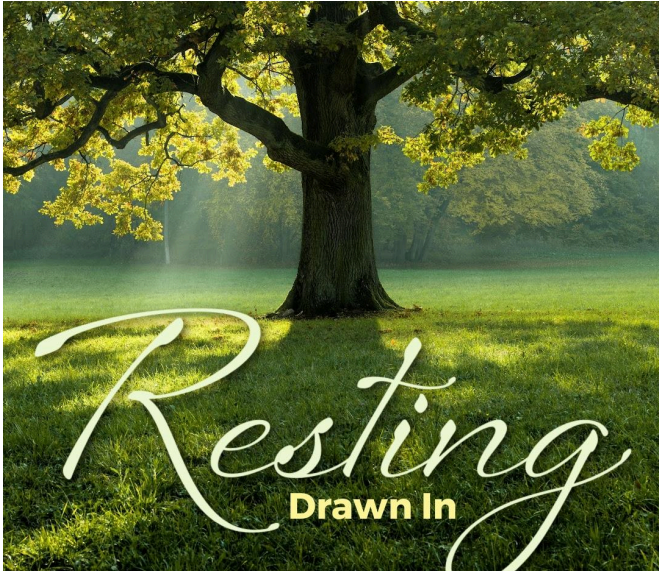


DRAWN IN: Resting

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Genesis 2:1-3

Thus the heavens and the earth were finished, and all their multitude. 2And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. 3So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

Exodus 20:8-11

8Remember the sabbath day, and keep it holy. 9Six days you shall labor and do all your work. 10But 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. 11For 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.

REFLECT & DISCUSS

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase or image stands out to you?
2. Rest is yes another way God enjoys what God has created and blessed. What do the rhythms of rest look like in your life? What do you take time to enjoy in an unhurried way?
3. The sabbath day is not so much about fulfilling religious obligation as it is entering the creative rhythm of God, and letting rest transform us. Note how God doesn't quit creating after the 6th day. The 7th day wasn't God's retirement. Genesis and all the scriptures testify to God's on-going creative presence in and for the world God loves. So then, God rests even though God has more creating left to do. Wayne Muller writes, "Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished." What do you make of this idea? How difficult is it for you to rest in this way?
4. Henri Nouwen writes that spiritual discipline requires preventing "everything in your life from being filled up. Discipline means that somewhere you're not occupied,

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and certainly not preoccupied.” We have to “create that space in which something can happen that you hadn’t planned or counted on.” Reflect on this invitation and challenge: where do you have “unstructured” play or free time? How might you create this in your life for a meaningful chunk of time?

5. How do you rest differently now than you did in years (or decades) past?
6. Rest isn’t all about us—it’s about a community that knows how to make space to rest *for everyone*. Notice those who are called to rest in Exodus 20:10—not just the wealthy, privileged, land-owning or even human. Practicing sabbath means taking care to ensure others can rest too. How might we do this in our time and place? What sacrifices might be required of us so that everyone—especially those so often exploited—get a chance to rest?