



Links Players

A Sabbath Rest

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. (Hebrew 4:9-10 ESV)

“Hey – just saying hi and happy long weekend. I think I spent a couple Memorial Day weekends with you back in the day ☐.” I read my friend's text and without much delay responded, “Hi. I'm not sure I understand what a “weekend” means.” My attempt to be funny (which she took it as) also represents my state of life.

As a retired tour player, pay checks are deposited only if you play on weekends. Hence, all days feel like workdays. Over a decade later, this embodied rhythm still holds true – one day builds into the next. I am stuck in a cycle of perpetual work. Good work filled to the brim: holding emotional and mental health stories of others, a writing project bearing witness to my life story of trauma and redemption, collaborating with other ministries for holistic care for athletes and sports leaders, hours of golf practice for a few senior tournaments on the horizon.

I do not cease from work well. My to-do list never ends, crossing one thing off to just add more. My ambitions to accomplish are good and are often unrealistic. The consequence is I pay the price of exhaustion and emotional angst when my inner critic whispers not enough.

I am noticing a pattern and God keeps tapping me on the shoulder. He speaks through the voices of my friends. I listen, nod my head, say yes to building margin in my days and taking time for myself to cease. But...I rarely follow through.

If you are anything like me, then a prescription for Sabbath rest is in order. Maybe our rehabilitation plan needs a refresher. What is Sabbath? What do the scriptures say about it? How are you going to [re]start your plan of action? I urge you to do your own exploration on the subject, but let's look at a few highlights.

- God rested on the seventh day (Genesis 2:2-3).
- The Sabbath day is a commandment (Exodus 20:8).
- Sabbath is a God-centered day looking for delight and beauty, not inactivity.

- Jewish people follow Sabbath from sundown Friday to sundown Saturday. Christians most often utilize Sunday. Some follow Sabbath on another day of the week.
- Sabbath is an invitation to celebrate and engage with God in deeper ways.
- Sabbath is not a set of rules to follow.

Many resources exist to learn more about sabbath. Do a word study through the scriptures on Sabbath rest. Inquire other resources like Sabbath, by Dan Allender, The Rest Of God, by Mark Buchanan, Mudhouse Sabbath, by Lauren F. Winner, Your Sabbath Invitation, By David R. Nekrutman. The most important thing is to begin.

I know this will not be easy and I will have to begin again and again. My soul is ready to try...you?

Prayer: Lord Father, thank you for your patience with us. Help us to recognize and understand our need for Sabbath rest. Guide us in creative and unique ways and help us choose a day of rest.

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