

### Overview

Work can exhaust us mentally, emotionally and physically. Rest is vital if we are to be sustained and fulfilled. What is a good rest and how is rest different from leisure? Is there a Christian perspective on the subject of rest and how did it emerge? How might we develop a way of living that values rest? We will explore these questions and hopefully find ways to think about rest in fresh ways.

### Activity

**How would you define the following terms?**

**Work**

**Leisure**

**Rest**

### Perspective

**Work, Leisure and Rest**

***Leisure is not the opposite of work – rest is. For it is as we seek to be renewed and re-energised that we are able to re-enter the rhythm of work***

“It’s important to note the distinction between rest and leisure. From and Sabbath are not the same as leisure, though they may certainly overlap. Rest is all about recovering our equilibrium – with God, with ourselves, with others and with creation. Leisure has as its goal personal enjoyment –which may well be a by-product of rest, but not its purpose. The goal is quite different.

In fact, leisure can frequently divert us from our rest. For many people it either becomes so dependent on frenetic activity that is it just another form of work (like the old ‘work hard, play hard’ maxim), or so caught up in personal pleasure that there is little room to reconnect with God, our inner selves and others.”

*From ‘Where’s God on Monday’ by Alistair Mackenzie and Wayne Kirkland,  
(NavPress, 2002)*

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### Question

**What are the challenges of resting?**

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### Perspective

#### Sabbath Rest

We use the term Shabbat in the title. The Hebrew word Shabbat is best translated as "period of rest," and is the basis of the English words "Sabbath" and "sabbatical."

#### ***The origins of Sabbath (all Bible extracts taken from the NRSV):***

And 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. 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*

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God.

*Exodus 20:8-10*

#### ***Jesus' view of Sabbath:***

Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath'.

*Mark 2:27*

He said to them, 'Suppose one of you has only one sheep and it falls into a pit on the sabbath; will you not lay hold of it and lift it out? How much more valuable is a human being than a sheep! So it is lawful to do good on the sabbath.'

*Matthew 12:11-12*

#### ***Ways of thinking about Sabbath:***

Sabbath is:

- A Gift – of a break from routines of life
- A Door – opening a new dimension, taking us beyond the necessary, urgent and the everyday
- An Attitude – an invitation to take Sabbath principles (resting, thanksgiving, justice and generosity) into the whole of life to enlarge our vision and reduce our stress
- A Surprise – unexpected time, following the surprise at the end of the creation story

*Adapted from 'Life Balance' by Robert Warren and Sue Mayfield  
(2005, Church House)*

### Question

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**Are these suggestions a way of overcoming some of the challenges of resting?**

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## Perspective

### Approaches to Sabbath in Everyday Life

Sabbath days – devoting a whole day to Sabbath activities of resting, enjoying, receiving, sharing, celebrating

Sabbath moments – taking the opportunity to be still, to receive, to appreciate, simply to enjoy

Sabbath attitudes – practising Sabbath moments helps us to develop attitudes of thanksgiving to God, appreciation of others and enjoyment of life

Sabbath seasons – extended resting / stopping / waiting periods

Sabbath simplicity – finding new ways to live more simply

Sabbath freedom / liberty – bring some freedom or liberty to yourself or others

*Adapted from 'Life Balance' by Robert Warren and Sue Mayfield  
(2005, Church House)*

## Perspective

### Freedom



In the film 'The Shawshank Redemption', Andy is wrongly imprisoned and serves nearly 20 years before managing to escape. This image captures the moment of he breaks out and his first taste of freedom at the beginning of a new life.

What does this feel like?

Do you ever feel like this?


How does this connect to Sabbath?

*Image from 'The Shawshank Redemption' (Columbia Pictures, 1994)*

## Question

**What habits and routines could we develop that would help us to grow a healthy work/rest pattern in our daily work and lives?**

*During the week you might like to reflect on:*



Where might you find Sabbath moments  
this week?

**Facilitator**

*Encourage people to spend few minutes pondering on what they feel they have learned from the session.*

**Ponder**

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**What did you learn from this session?**

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**Prayer**

**Option 1**

### **The Jewish 'Kiddush'**

At the beginning of the Jewish Sabbath, 2 candles are lit. One is for 'observance' (a commitment to observe Shabbat), and the other is for 'remembrance' (of all that God has done for us).



As you light the first candle, pray that you will observe the Sabbath (in moments, attitudes, days and seasons) and commit to do so this week.

As you light the second candle, remember all that God has done over the past week.

## Time of reflection

‘God saw all that he had made, and it was very good.’ (Genesis 1:31)

*Look back over the past week. What has been ‘good’ for you? Look ahead, what has the hope of being ‘good’? Say together:*

It is good to praise the LORD  
and make music to your name, O Most High,  
proclaiming your love in the morning  
and your faithfulness at night,  
to the music of the ten-stringed lyre  
and the melody of the harp.  
For you make me glad by your deeds, LORD;  
I sing for joy at what your hands have done. (Psalm 92)

## Option 2 *said or sung*

### Be still

Be still for the presence of the Lord,  
The Holy One is here;  
Come bow before Him now  
With reverence and fear.  
In Him no sin is found,  
We stand on holy ground;  
Be still, for the presence of the Lord,  
The Holy One is here.

Be still, for the power of the Lord  
Is moving in this place;  
He comes to cleanse and heal,  
To minister His grace.  
No work too hard for Him,  
In faith receive from Him;  
Be still, for the power of the Lord  
Is moving in this place.

Be still, for the glory of the Lord  
Is shining all around;  
He burns with holy fire,  
With splendour He is crowned.  
How awesome is the sight,  
Our radiant King of light!  
Be still, for the glory of the Lord  
Is shining all around.

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