

Monday, 8 March 2021 – Weekly Inspiration from Rev. Jason

You probably noted last week that there was no 'weekly inspiration' email... I took a rest - an unintentional one, but a rest nonetheless, and perhaps one I needed. Taking rest, practicing sabbath, is not something we know how to do very well in our daily lives in the 21st century, but it is something that is needed in each of our lives. And more than that, it is set before us as children of God.

God sets the example of sabbath rest from the time of creation (Genesis 1), and later makes it one of the foundational commands of the covenant with Israel - the ways in which the people live in relationship with God (Exodus 20). Many of the prophets show times of rest. Jesus practiced time away for rest & renewal (Mark 1:35). It is ultimately important, and not just for the understanding we apply of 'taking a break.' Rather, rest - sabbath - is so much more!

"Sabbath is not primarily about us or how it benefits us; it is about God and how God forms us. It is not, in the first place, about what we do or don't do; it is about God completing and resting and blessing and sanctifying...But it does mean stopping and being quiet long enough to see, open-eyed with wonder - resurrection wonder" (Eugene Peterson, "Christ Plays in Ten Thousand Places," p116-117).

We need to rest, we need to practice sabbath in order to realign with God who is constantly calling us back to a place of resurrection wonder and joy. Whatever you do on sabbath should be something that deeply reconnects you with God known to us in Christ, renewing body, mind, and spirit. A good practice to pay attention to in the remainder of this Lenten season.

Prayer: Lord Jesus, help me to rest. At some time in this day, in this week, help me to pause and quiet my spirit to reconnect with you, who are the source of my life and my joy. Amen.