

## **“Stewardship is everything we do ...”**

Reflections on a whole-life approach to Christian stewardship provided by the Stewardship Formation Team of the General Board



### **“Sabbath Rest”**



*“And on the seventh day God finished the work that he had done, and he rested on the seventh day... So God blessed the seventh day and hallowed it...” (Genesis 2:2-3 NRSV)*

One of the most neglected of the Ten Commandments is number four – *“Remember the Sabbath, and keep it holy.”* The ancient people of God had a depth of wisdom we moderns can only begin to grasp – the very human need for a day off. In our 24/7 world of constant availability in or out of the workplace, we do not know when to stop.

Laptop computers, Internet access, cell phones, pagers. We are hooked up all the time and don’t feel free to pull the plug even for a day. What’s more, many of our jobs require our work on the weekend -- So much for a vision of one day out of seven for rest, worship, and rejuvenation.

Is Sabbath a nostalgic dream from the past? Or is it possible to find new ways to set aside a day for Sabbath rest and renewal? If the culture around us won’t require it, can we develop some personal disciplines to practice and protect this sacred time? Can we refrain from activities on this day that require others to work for us? Can we turn off our electronic devices? Can we avoid work appointments? Can we refuse to bring work projects home from the office? Can we make worship a weekly habit? Can we commit ourselves to spend this day with family? And what about a nice afternoon nap?

There is a natural rhythm of work and rest built into us by our Creator. Even God rested on the seventh day. Can we afford any less?

*Ed Poling, Pastor ~ Hagerstown, Maryland Church of the Brethren  
and a Spiritual Director*

Copyright © 2005 Church of the Brethren General Board

## **“Stewardship is everything we do ...”**

Reflections on a whole-life approach to Christian stewardship provided by the Stewardship Formation Team of the General Board



### **“Sabbath Rest”**



*“And on the seventh day God finished the work that he had done, and he rested on the seventh day... So God blessed the seventh day and hallowed it...” (Genesis 2:2-3 NRSV)*

One of the most neglected of the Ten Commandments is number four – *“Remember the Sabbath, and keep it holy.”* The ancient people of God had a depth of wisdom we moderns can only begin to grasp – the very human need for a day off. In our 24/7 world of constant availability in or out of the workplace, we do not know when to stop.

Laptop computers, Internet access, cell phones, pagers. We are hooked up all the time and don’t feel free to pull the plug even for a day. What’s more, many of our jobs require our work on the weekend -- So much for a vision of one day out of seven for rest, worship, and rejuvenation.

Is Sabbath a nostalgic dream from the past? Or is it possible to find new ways to set aside a day for Sabbath rest and renewal? If the culture around us won’t require it, can we develop some personal disciplines to practice and protect this sacred time? Can we refrain from activities on this day that require others to work for us? Can we turn off our electronic devices? Can we avoid work appointments? Can we refuse to bring work projects home from the office? Can we make worship a weekly habit? Can we commit ourselves to spend this day with family? And what about a nice afternoon nap?

There is a natural rhythm of work and rest built into us by our Creator. Even God rested on the seventh day. Can we afford any less?

*Ed Poling, Pastor Hagerstown, Maryland Church of the Brethren  
and a Spiritual Director*

Copyright © 2005 Church of the Brethren General Board