

# Sabbath: A Joyfully Subversive Sanctuary in Time

Matthew 12:1-14 | Joseph Carlson | June 9, 2024

## **Sabbath:**

- Obstacles to Sabbath
  - Our desperate, anxious need. Busyness and consumption have atrophied our ability to enter into rest.
  - Our religious propensities can stifle Sabbath freedom.
  - Reactivity rather than joyful intentionality.
- Matthew 12:1-14 | Jesus: Lord of The Sabbath reclaims the heart of the day.
  - 12:1-8 | Disciples Picking Grain:
    - 3 scriptural arguments: Davidic, from the historical books. Priestly from the books of the law, Torah. A prophetic saying from the the prophets.
  - 12:9-14 | Healing a shriveled hand:
    - The heart of the Sabbath is about restoration, healing, God's good heart.
    - Freedom rather than burdensome religious observance
    - For our healing good, joyful celebration.
- Genesis 2:2-4 | Sabbath: Gods Delight and our's too.
  - Structure of reality: Sabbath is the first thing made Holy in scripture. It's creation completes and fulfills the creative cycle.
  - Menhuah: joyous repose, tranquility, peace.
    - God's rest was not out of exhaustion. It was filled with delighted reflection, appreciation, celebration, blessing and consecration.
    - "Rest, in the deepest possible sense of fertile, healing stillness." -Muller.
- Exodus 20: 8-11 & Leviticus 25 | Sabbath as God's Commandment: peace and justice for all.
  - Exodus 20

# Sabbath: A Joyfully Subversive Sanctuary in Time

Matthew 12:1-14 | Joseph Carlson | June 9, 2024

- RE-MEMBER: Become again a member of, a participant in, God's story and community. The act of Sabbath remembrance enlivens the past, drawing it by way of gratitude into the living present. This rooting in the rich soil of God's liberating actions of the past nourishes our hopeful expectation that he will be faithful in the future. Thus suspended between past gratitude and future hope we are uniquely able to relinquish both retreat and anxiety and settle into the green pastures, quiet waters, and bountiful feast of the present moment, enjoying communion with the God of generosity, abundance, and blessing.
- Keep Holy: Creative, joyous intentionality is the offering of our will and attention by which we consecrate time, space, action, and community thereby making it holy.
- Leviticus 25:
  - Sabbath Year: fallow the land on the seventh year. Practice good stewardship by setting aside enough to enjoy the year.
  - Jubilee: 7 Sabbath years x 7 cycles = 49 years. So, the 50th = Jubilee year of celebration, restoration, rest. Cancellation of debts. Return of land to original ownership.
- Practicing A Sabbath Spirit | Philippians 4:4-8
  - Gratitude and prayer in place of anxiety
  - Celebration: focus on the all that is good in the world rather than the negative.
  - We bless others by being a non-anxious presence in their lives.

# Sabbath: A Joyfully Subversive Sanctuary in Time

Matthew 12:1-14 | Joseph Carlson | June 9, 2024

## **Sabbath Practices:**

- 5 Day reading plan: <https://www.bible.com/en/reading-plans/47166>
- Sabbath Walk: an aimless, leisurely experience where you let your soul catch up to you and your curiosity to reconnect you to creation.
- Reclaim a childlike spirit: is there some creative act that used to bring you joy that you haven't thought of or touched in years? Try it again!
- Feast: host a sumptuous meal and intentionally invite friends or family to share in it. Put the phones in a drawer and seek deep connection.

## **Additional Sabbath Resources:**

- Sabbath by Dan Allender
- Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives by Wayne Muller
- Sabbath as Resistance by Walter Bruggeman
- Embracing Rhythms of Work & Rest by Ruth Haley Barton
- The Sabbath by Abraham Joshua Heschel