

SABBATH WEEK 1: INTRODUCTION

Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the Sabbath day and consecrated it.

Exodus 20:8-11 New Revised Standard Version (NRSV)

For six weeks, the Calvin College community is thinking, praying and learning about Sabbath.

Our guide for this project will be Dr. Marva Dawn. Dr. Dawn is the author of *Keeping the Sabbath Wholly* and our guest at ReGathering this year. Dr. Dawn suggests that there are four expressions that make up the practice of Sabbath keeping: Ceasing, Resting, Embracing, and Feasting.

To help us consider each aspect of Sabbath keeping, watch the first 16 minutes of this [video](#) (you may watch the whole hour-long video, if you like) with your group. [If you have printed this out, type www.regentredux.net/redux-rewind/freedom-in-the-busy into your browser]

After you've watched, discuss these questions:

(You may want to record your answers as a group and post them on the "Calvin in the Word" Facebook page or share them with @calvinintheword on Twitter or Instagram.)

What practices presented in the video seemed the most life-giving for you? Why?

What practices seemed the most life-giving for the Calvin community? Why?

What practices seemed the most challenging for you? Why?

When you think about honoring Sabbath in your own life, what fears do you have?

When you think about honoring Sabbath as a Calvin community, what fears do you have?

When you think about honoring Sabbath in your own life, what hopes do you have?

When you think about honoring Sabbath as a Calvin community, what hopes do you have?

Closing Prayer:

*Lord of Creation,
create in us a new rhythm of life*

*composed of hours that sustain rather than stress,
of days that deliver rather than destroy,
of time that trickles rather than tackles.*

Lord of Liberation

*By the rhythm of your truth, set us free
from the bondage and baggage that break us,
from the Pharaohs and fellows who fail us,
from the plans and pursuits that prey upon us.*

Lord of Resurrection,

*May we be raised into the rhythm of your new life,
dead to deceitful calendars,
dead to fleeting friend requests,
dead to the empty peace of our accomplishments.*

To our packed-full planners, we bid, "Peace!"

To our over-caffeinated consciences, we say, "Cease!"

To our suffocating selves, Lord grant release.

Drowning in a sea of deadlines and death chimes, we rest in you our lifeline

*By your ever-restful grace,
allow us to enter your Sabbath rest
as your Sabbath rest enters into us.*

In the name of our Creator, our Liberator our Resurrection and life we pray. Amen

From Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne and Jonathan Wilson-Hartgrove