



## Sabbath Blessing: Part One

### “The Easy Yoke”

Matthew 11:25-30

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## Beyond the Shallow Christian Caricature of Sabbath

Legalistic Duty vs. Delightful Gift

Sanctified time over sanctified space

The Soul of the World created on the seventh day, a Bride to be loved

Foretaste of paradise (the now and the not yet)

Resistance to rat-race acquisition, competition, performance

Formation of trust, of peace, of worship, of proper priorities, of perspective, of delight

## Now More Than Ever

Acquisition and commodity: living under the spell of constant discontentment

Competition and identity: striving for significance and through performance & comparison

Noise, pace, and electricity: the technological revolution drowning out circadian rhythms

The elusive good life in the land of prosperity

## The Easy Yoke of Jesus

The unbelief of Chorazin, Bethsaida, and Capernaum: **Matt 11:20-24**

Withholding from the wise (carriers) and revealing to the children (carried): **Matt 11:25**

The hot air balloon, symbol of dependence and being carried, our sabbath symbol

The metaphor of the yoke: sharing the burden

Accepting creaturely limits of weakness by partnering with the Creator: **Matt 11:29-30**

A strong but gentle and lowly yoke-mate will work at the weaker one's pace

Easy (goodness, kindness, graciousness, forbearance); light (in weight)

The joy of participating with an “expert”: enjoy success without carrying its burden

True sabbath practice forms us in this yoke relationship of rest and dependence with Jesus

Sabbath distortion one: *who you are with is more important than what you do*

The Son of Man is Lord of the Sabbath: **see Matt 12:1-8**

Sabbath distortion two: *more about what you don't do than what you do*

It is lawful to do good on the Sabbath: **see Matt 12:9-14**

Our summer to experiment and practice with Sabbath

## A Sabbath Bibliography

***Sabbath as Resistance: Saying No to the Culture of Now***, Walter Brueggemann

***The Sabbath***, Abraham Joshua Heschel

***Sacred Attunement: a Jewish Theology***, Michael Fishbane

***Sacred Rhythms***, Ruth Haley Barton

***Sabbath***, Wayne Muller

***Mudhouse Sabbath***, Lauren Winner

## Diagnosing a Need for Sabbath

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1. Am I anxious about making ends meet?
2. Do I struggle with my sense of significance in the world?
3. Do I envy the success, achievements, and wealth of others?
4. Am I always busy and gain a sense of importance from being so?
5. Is input constantly bombarding me?
6. Am I addicted to my phone, TV, or music?
7. Do I never seem to have enough time to get things done?
8. Am I always rushing to catch up?
9. Do I feel guilty when I relax?
10. Does time with God feel like an ought or a gift?