



## Sabbath Blessing: Part Two

# "The Blessed Seventh Day"

Genesis 2:1-3; Exodus 20:8-11

### The Meaning of God's Rest

Why did God rest on the seventh day after creating the cosmos in six days? **Gen 2:2,3**

God doesn't grow tired: **Isaiah 40:28** and yet He was "refreshed": **Exodus 31:17**

Was God modeling something real within Himself or doing a "parental model"?

Rest not primarily as "rejuvenating energy" but "enjoying the fruit of one's labor"

Does God enjoy the fruit of His labor? **Gen 1:31; Psalm 104:31; Proverbs 8:30-31**

The Hebrew root for Sabbath is verb meaning "to cease"

The need to pause to allow the fruit of the work catch up to you

Receiving a direct return from the investment of work: **Gen 2:15-16**

Enjoying fruit of the labor: **Ecclesiastes 2:24, 3:13, 5:18; Psalm 128:2; Galatians 6:7; 2 Timothy 2:6**

Work is more than just "economic occupation" but includes all of life's labors

The fruit of which is things (food, money, artifacts) and people (family, friends, co-workers)

Relishing God's central role in the work achieved on Sabbath (worship): **Philippians 2:13**

Note how a lingering family feast can embody these multiple aspects of fruit of labor

The beauty of the cycle: rest does not turn into laziness: see **Proverbs 6:10-11, 24:33**

A fuel for re-entering work is *delight* in past work's fruit

### Observing the Timing of the Creation of Humans in the 7-Day Cycle

Humans begin existence late on the sixth day: **Gen 1:24-31**

The seventh day is the "first day on the job"

Mike Breen notes this pattern as suggesting work from rest rather than rest from work

Humans enjoying the fruit of God's (not their) labor at the very beginning

Sabbath is first and fundamentally receiving the fruit of divine work: **Deuteronomy 5:15**

The primary bedrock of existence is grace not earning

It reminds us of the truth that all of our work is a subset of God Whose work undergirds ours

The farmer puts the seed in the ground but God causes the growth: **1 Corinthians 3:7**

The reason for re-entering work is *gratitude* for what God has done: **1 Thessalonians 5:17**

The hope for re-entering work is *trust* in what He'll yet do: **2 Corinthians 9:8**

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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