

## **Keeping the Sabbath (Part 2 of 2)**

Sure, there may have been a time when on Sundays restaurants and stores were closed, and sports did not conflict during the morning, but sadly those days are over. So, these days how do we honor and keep the Sabbath day holy?

Sundays, or whatever day is your rest day, seem to have such a flurry of competing activities and noisy crowds that make it difficult to hear God and see what God may be doing in the world. It's often a challenge to connect with a friend or a small group of loving, supportive people, even though our hearts would like to. Nevertheless, Kathleen Bostrom, a pastor, mother, and author, encourages us "to find ways to keep the Sabbath, to set aside one day, or a portion of a day to push away the clutter of life and rest in the joy of God." She continues, "Take a Sabbath break by not doing housework or cooking on Sundays. Prepare a meal the day before, or eat leftovers. If cooking a meal is fun and relaxing, then make it easy. Lots of people go out to brunch after church."

Not that we CAN'T do things, rather we are invited to pause and rest from some routines which can exhaust us. Maybe that is a day to spend some different time with a loved one and take a break from your normal routine. If you can't afford to eat out, maybe make pancakes or waffles for Sunday dinner so it's less "work". Maybe make two dishes and give one to a neighbor to rediscover the joy of sharing.

Would lighting a candle before you eat supper help you to remember the light of Christ in the world and in your life? Would laying down your cell phone and taking an extended time away from any screen help you to reprioritize things in your life? Would calling parents, grandparents, or a dear friend you haven't spoken to in a while be a fun act of love? After all, where love is, God is there. Would taking time out of the day to read that devotion book with dust on it seem like a good idea? Does your body need a nap, or to sing a song, or to take a walk very slowly to clear your mind? Kathleen wisely shares, "Keep the Sabbath as a day of centering on God, and take time for spiritual, physical, and emotional renewal. The rest of the week will fall into place much better if you do."

Deuteronomy 5:12-14 says, "Observe the Sabbath day and keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God."