

Before we get started, I want to take a moment and recognize that for many of us, it's been a week of headlines where we've seen tragedy play out on the news over and over. I was sitting there thinking, as Liz was leading us in communion, how much this week resonates with the headlines. It seems like it doesn't quite fit, but Holy Week, Palm Sunday, the day in which Jesus is marching towards the cross, is a day in which he is declaring the cross, Good Friday, what we'll celebrate this coming week is the day in which we are really protesting death and violence. We're saying they don't get the last word, but with weeks like this, it can be hard to remember. It can be hard to declare and to sing the goodness of God in the midst of storms, in the midst of violence. I know, as I've talked with a few of you this week, there are other senseless tragedies where death seems to be intruding on us.

As Paul in Corinthians would mention the rallying cry, "*Death, where is your sting?*" That's meant to be celebrated post-resurrection. But here, at this moment, before the Lord reconciles all things before he returns, death still does have a sting. We embrace that sting with a forward-looking hope that one day this will not be the case. Death will be no more. But for now, we sit with a sting, we watch headlines, and we see senseless violence portrayed over and over. I wanted to take a moment and pray for those whose lives were lost this week in Nashville and those in the tornadoes that we've seen ravaging the Midwest as well. So let's just spend a moment in the quiet, lifting up our own prayers for those things and crying out for that Good Friday, that Easter to come.

Lord, we come with heavy hearts out of a full recognition of death intruding on your good world. That it is an imposter. It is an intruder. And there will be a day in which you reconcile all things. And Lord, we long for that day now, more than ever; God, I pray hope over those families in Nashville whose Sundays look radically different than they did a week ago. We pray against the evil that's perpetuated all too regularly in our country. We pray for those who have been struck by storms and tornadoes, and devastation. God, we need you. We need the hope of Easter. And so, Lord, we pray as the church has for centuries. Come, Lord Jesus, come. Come, Lord Jesus, come.

Lord, we lift up those families. May you shower them with a peace that transcends understanding. Lord, may you work in the churches in those places so that they can rise up and care for people the way that you've cared for us. Lord, may we continually work to be your goodness, your hands and feet in the places

where we find ourselves this morning. So, Lord, as we take these elements, we take that communion as a way of recognizing that death does not have the last word, but Lord, it stings. And so God, we lift up that ache; we lift up that heart of ours that is longing for the day. The anger and the frustration we carry are indicative of the hope that we have. So, Lord, we sit in that, but we do not sit without hope. And so, Lord, we pray for you to come, Lord, in Jesus' name. Amen.

This morning we are finishing up our series on Sabbath, which I hope has been a challenge for you. At some level, what we've been doing in this series is just saying how you organize your time; something as benign as time is, in fact, one of the more formative things you can do. We live in a rhythm that the secular world and I don't mean that in a pejorative way; I just simply mean the non-sacred space of church time; we live in a way in which the secular calendar sets the pace of our life. And if we are to find ourselves within the rhythm of God, the rhythm that he has created in this world, we have to step into that with intentionality. We step into that with a focus. For the past four weeks, we've been looking at this ancient idea of Sabbath, something the church has practiced for thousands of years, and have simply said, "What would it look like for us to cultivate a similar rhythm?"

This morning we're going to do something a little bit different. At some point, teaching reaches its end, and it's time to just try it. At some level, I'm sure there are questions and uncertainty. Of course, there's always going to be those things, but in some ways, we've taught enough about Sabbath; it's now time to try it.

One of the driving commitments we've made as we're rolling this vision out is to reorganize our community around a shared rule of life. After doing Silence and Solitude and Sabbath and in the fall, we'll look at fasting and prayer and scripture, and in all of these kinds of new habits that we're trying to form and organize our shared life together, it is my task, my hope, my commitment to never leave you unequipped. So much of this is driving into how we equip ourselves for something like Sabbath.

I was reminded of that this week. I don't know about you, or maybe you've had this same experience, but sometime around Wednesday, I was doing the dishes. Years ago, when Lindsay and I got married almost 14 years ago, we divided up the household chores. I hate laundry; the worst possible thing you could do! So Lindsay raised her hand. She was okay with that. She took laundry; I took dishes (she hates dishes)! And I'm like, well, this

is a match made in heaven. We can do this. So for 14 years, that's really worked for us. But one of the things I've noticed about these two particular chores is on Wednesday, I'm doing the dishes. It was right after I got home from work. I clean that up, and then I go, and I sit with the girls, and I do a little homework. But then I come back right before bed; I look, and there's another pile of dishes, seemingly larger than the one before! How did that happen? I just did those. My girls have this habit of using a cup every time they want to drink something; rather than using the same cup, we dirty another one. So it's just this monotonous dishes upon dishes.

I know if Lindsay had the microphone, she would say there are 12,000 pieces of girl clothes everywhere at all times in which there's constantly a pile to be folded, a pile to be put away. There is something in this life that feels like it just marches on and on and on. If you've had that experience with dishes or laundry or whatever the other tasks of life have been. This is a sign of the slog of life, and just because life goes on and on, just because it doesn't stop doesn't mean that we shouldn't stop. There are times, periodically, when we have to stop. We have to cease from the regular rhythm because it just goes on and on. This is why we need the gift of Sabbath.

It's a cheeky example of something that is a metaphor for much greater tensions in life. But the reality is life just marches on and on. Unless we say, "Stop," unless we say, "Cease," we get caught up in that, and it slowly erodes us from the inside out. This is the gift of Sabbath, and if you've been with us, we've defined Sabbath this way.

**Sabbath is the gift of regular rest and communion with God. It is an intentional weekly rhythm set aside to allow your soul to reconnect with God and disconnect from the world of distraction, hurry, and restlessness.**

Sabbath is a stake in the ground, a line in the sand in which we will not just allow life to happen to us, but rather if we are to encounter God, we enter with intentionality in which we say, "Lord, I'm setting aside a day for you."

As you've heard in these different video stories of people in our church trying to navigate what does this look like in my life stage, in my particular moment, we find we bump into all sorts of different kinds of questions and concerns. I know I've had a lot of conversations with you guys. Can I do this on Sabbath? Can I not do this? What is this supposed to look like, and isn't this an Old Testament thing? I want to just say it's a gift. I heard a pastor out in New York, Rich Villodas, say this week, "We don't keep the Sabbath. The Sabbath keeps us."

I love that reframing of Sabbath because we can get so in the weeds. We can preach four-week sermons on Sabbath. We can do all of these questions and things of what is this and this. We get caught up in trying to keep the Sabbath, and we miss that

the Sabbath keeps us. This is similar to Jesus' teaching in Mark 2. "*The Sabbath was made for man, not man for the Sabbath*" (v. 27).

We get this so twisted and distorted because we get caught up in good, healthy questions. This isn't to denigrate those; there are spaces to work through those. I invite you to come to the practice lab this evening, where a large part of that is us wrestling through those kinds of questions. How do we Sabbath? What does it look like on the ground? If there's anything you take away from this morning, it's this:

You don't keep the Sabbath. The Sabbath keeps you. It's a gift. It's something that's been given to us, created for us to regularly commune with the Lord.

Before we invite some friends on the stage to talk about how they've wrestled with the Sabbath, I want to look at this text in Isaiah 58. This is a fascinating text. It's in a section of Isaiah in which Isaiah the prophet is confronting the people of God about some of the failures they've made. It links back to a few chapters earlier, and Isaiah's really concerned about the injustice that the people of God have carried out over and over. In Isaiah 58, the chapter begins talking about this idea of fasting, and it says, you've lost the mark on that. Then it transitions by verse 13 to this idea of the Sabbath.

**If you keep your feet from breaking the Sabbath and from doing as you please on my holy day if you call the Sabbath a delight in the Lord's holy day, honor honorable, and if you honor it by not going your own way and not doing as you please or speak idle words, then you will find your joy in the Lord.  
Isaiah 58:13**

In the beginning, Isaiah is concerned, and some translations of the beginning first verse say, "If you keep your feet from trampling the Sabbath." So that's a good image; if you just stomp right over it, if you don't pay attention to it if you crush the Sabbath.

Remember that Isaiah's speaking to an entire people. He's speaking to an entire nation. He's not speaking to individuals, but rather he's saying just like it was. He gets to that promise in verse 14. He says, "*Then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.*" *For the mouth of the Lord has spoken*" (v. 14).

The hope of Sabbath, the promise of Sabbath, is that if you find your way into it, it will bring you the joy of the Lord. The pull will be towards doing as you please, but if you resist it, you will find the joy of the Lord. The joy of the Lord is one of the most transformative things in a life of chaos, in a life of violence, a life of pain, and hurt. Sabbath is the invitation to experience the joy of the Lord in your life. It's the invitation to actually orient the whole of your life around the joy of the Lord.

Now, as we've been hearing from all these stories, as we've been trying out these different things with Sabbath, what we're

finding is that the Sabbath—the freedom we have as New Testament believers is Jesus' teaching, that the Sabbath was made for us, not us for the Sabbath—is that we have to figure out what it looks like for all of us. In a world like ours, it just looks different. That's the hope of these videos you've been watching is to recognize it looks a little different on how we go about this Sabbath for each person and family.

A big piece of that will be your life stage. What are the dimensions and particularities of your life? A big piece of it will be personality type. How do you set aside a Sabbath as an introvert or an extrovert, or as a people person or one who needs to hide away to recover and recoup? There is all sorts of freedom as New Testament believers on what this looks like.

Paul in Romans 14 would say that some observe this day, others this day, and he just says it's okay. We don't judge those who hold different days. There's freedom in how we experience this. So what we thought would be fun this morning is to invite some people up from our congregation who have been figuring this out and ask them a few questions about their Sabbath practice. We've prepped a few questions to talk through on what it has looked like for them to practice Sabbath. We've tried to get a good cross-section of the church body in different life stages and hear what are the ways in which they're going about Sabbath.

The first question I want you guys to answer is to share who you are, what's the uniqueness of your particular life stage, and then share what your typical Sabbath can look like, or at least what you're aiming at.

#### **Tabitha and Marc**

**Tabitha:** I'm Tabitha. This is my husband, Marc. Together we have three boys. Rylan is in ninth grade. Landon is in seventh, and Brenner is in fourth grade. We're both teachers. Marc teaches second grade. I teach first grade, and I work part-time. So our week is really busy chauffeuring the boys with all their different extracurricular activities. You would think that being part-time there would be more time, but there isn't time. We're still really busy, even on Saturday, prepping for the following week.

**Marc:** So we usually have Sabbath on Sundays. We're still trying to fine-tune our opening ritual, but it usually starts with worship here at church. We're here all morning to make sure that all of us attend our respective services. Afterward, we head home for lunch as a family, and Tabitha and I are pretty wiped out from the week and then also just from the morning. So we take a much-needed nap! The boys have their brother time. We think that's important. And afterward, we wake up and devices are off, phones are put away, and we keep them in a separate room. And we just have a simple activity. It could be anything from taking a walk. Sometimes we might have a game night, movie night, we'll read, or do an art activity. We have geckos, so we might have gecko time! But we keep it pretty simple.

Then after that, we have a family dinner. Sometimes I'll cook, or sometimes we'll do a takeout. Then our closing ritual is we always have the family prayer time. The boys share a room, so we all crowd in there, and we're all on the beds, and we reflect back on the week—highlights of the week, how God has worked in our lives. Then we also talk about the upcoming week and who or what we can pray for. So that's how we wrap up our Sunday evenings.

#### **Forrest and Savana**

**Forrest:** My name's Forrest Jensen. This is Savana Jensen. We've been married for three years and we have an almost two-year-old daughter Lily and a three-month-old baby boy Everest. Our journey with Sabbath has been pretty different, and it feels like it always changes. We got married in 2020, had our first baby in 2021, and had our second baby in 2022. With each transition, our Sabbath has looked different. We're in a new stage now, and we're in the midst of figuring out what our Sabbath is going to look like. Usually, it's some breakfast on Saturday, and it might involve going on a hike or playing board games and good conversation between us.

**Savana:** I was just going to say we do not have it figured out clearly, but what's powerful, though, is that it's okay. You know, like it's okay that we don't have it figured out. And there's been a lot of learning for us that your Sabbath can match what your season is. You don't have to overthink it. For us, sometimes our Sabbath is only 30 minutes, then someone's spitting up or throwing their food on the floor or needs a diaper change, pulling us back into a routine just with our life stage right now. So even if we just set aside 30 minutes, that feels like a victory for us.

**Forrest:** The last thing I wanted to say was, what I look for in a Sabbath is rest, time with God, and then time with intentional relationship and having fun.

#### **Teresa**

**Theresa:** Good morning; my name is Teresa. I am single, don't have children, haven't been married, and am a little older than a young adult. I do work full-time and am fairly involved with ministry here at CPC. I love being around the community and with people. Something that I wanted to share is that I do travel for work, and it is very tough sometimes to Sabbath because I am traveling on weekends. So something that I try and do, at least, takes Sunday morning and go to a local church or watch a service online. Something else is making sure that I am not always working because that's what I do a lot of, and I have a lot of good friends who are keeping me accountable in such a way.

Before this series, I have to honestly say that to me, Sabbath meant just not working on Sunday. I really didn't see that it was much more than that. This has been very refreshing for me to look at how I can be actively involved in having a Sabbath.

What's hard is sometimes I'm working on the weekends trying to catch up on work. So when I do work is not when I Sabbath. So if I Sabbath on a Sunday, I'm working on a Saturday. I'm very intentional about that as well. It's not always easy, but that is a way that I can define that a little bit more. My Sabbath is starting to shape up. I'm putting it together.

I forgot to mention I am also in a committed relationship, so that is a little something different. He is also going through learning about Sabbath in his community group at his church. So it's very timely. And either I, on my own, am doing Sabbath or together we do Sabbath. One of us might take a morning walk, or he might go exercise. We might listen to the reading of the Bible, listen to music, and sing along. I love preparing charcuterie plates or boards, and so I like to incorporate that in my time of delight. Then it might be watching a movie or going to a concert or taking a needed nap, or meeting up with the community. Again, I love meeting with people. Then we might finish the Sabbath time with praise and prayer.

One thing I wanted to add is that yesterday at our Women at Work Ministry, we received a Sabbath box. I want to use that to store a candle to mark the beginning and end, to put my phone in it so that I can at least start off with maybe two hours off. Have it hold a written list of things that are undone or unfinished that are making me anxious and just commit that over to God.

#### Joan

**Joan:** My name is Joan, and I get to be the LOL, the little old lady! Obviously, I am retired. I'm married. I don't have any kids, but I do work full-time. I made a list. I'm Hazel, the housekeeper. I'm Beatrice, the bell player and budget minder. Greta, the grocery shopper. Gertrude the gardener. I'm Mildred, who makes doctor's appointments and minds the calendar. Claudia, the caregiver and chauffeur, and Constance, the chef. Sarah, the sobriety sponsor, after over 40 years of sobriety, I still go to four meetings a week. I'm Lydia, the Bible study leader, and I'm Joan, my best role as Chuck's wife. But it's full-time.

I made a decision last year when Sabbath first came up that I wanted the first day of the week to be the Lord's Day, and that meant all day. Usually, it was just to go to church, and I was done. I love sports, so it was nerd out in front of the TV. I knew it needed to be different. I'm an early riser, and I take an hour's walk with a dog and Jesus every Sunday morning. I love when my house is clean, and I figured Jesus loves when the temple is clean. So I need to do business in the morning. Jesus told that weird story about ten church ladies basically, and five of them didn't have oil in their lamps. So I need to do an oil check. That means I do a fruit inspection. You know, how did I do this last week? Was there love, joy, peace, self-control, all those kinds of things?

I'm old, I'm getting weaker, and I will never stand strong if I don't have the full armor of God on. And you know, I found it's very

different knowing what it is and wearing it. So I take care of that kind of thing. And then I start getting excited about church. I can't tell you how much this place and you people (you are my family) mean to me. I know that I'm supposed to be devoted to prayer and to worship and to the word, and I get to do those things here with my church family. But that was usually when my Sabbath ended. I didn't realize I was doing that, but it was more a "me" day than a "thee" day.

Contrary to most of you, I turn this phone on, and I don't even know how to do three-quarters of the things you guys noted about how to deal with a phone. But I reach out and make contact with people who maybe have moved away or people I know that need a word of encouragement. I've also found that turning the TV off, it's like an adventure the rest of the day, and there's nothing that's typical about it.

Just a couple of little things. I got to "adopt" a six-year-old here at church whose family is all here. They moved here; he's in the military. Daddy travels a lot. So I get to be a Swedish Mormor to this little six-year-old. I started a mentoring program for inmates who are doing Bible study. And I get a lesson every week to read over and make suggestions and pray for them and all kinds of things like that. It's an adventure. So I can honestly say I get truly excited about the Sabbath, and that's never been true before in my life. I enjoyed it. I knew it was supposed to matter, but now I know it really matters.

**Kevin:** You guys don't know, and I've told her this all the time, but I don't know if there's a person alive who's challenged me to follow Jesus like Joan. She has been such a gift, particularly as we've had these Sabbath conversations that have been inspiring to me. So thank you for sharing that, Joan.

And there's a whole laundry list of people there that's like a basketball team of roles you take on. As you've heard that these different life stages not just make their Sabbath look different, but it poses different obstacles and what you guys are challenged with as you overcome those. I want to pose that question: What are for you guys, what are the biggest obstacles you've had to think through in your own Sabbath practice? Let's start back down with Mark and Tabitha.

#### Tabitha and Marc

**Marc:** This happened recently, a few Sundays ago. We needed to be flexible with our Sabbath recently. I had shared that we celebrated or recognized Sabbath on Sunday, but Tab had a church meeting in the afternoon, and then our oldest, Rylan, had an extracurricular activity in San Francisco, so we had to split up. That really threw things off for us. So knowing that this was coming, we had to plan ahead. We decided to split up our Sabbath on both Saturday and Sunday. We started Sabbath around dinnertime and all the way through the evening. So we had to do Sabbath over two evenings.



**Tabitha:** Someone in our community group knew that this was happening and asked how it felt and whether or not we could feel a difference. For myself, I absolutely could feel the difference because of that rhythm; it's in my personality that I'm very routine, and I like my rhythm. And when that rhythm is off, then I get thrown off. So the challenge is that Sabbath doesn't always look the way I want it to due to our schedules. But I recognize that I need to let it go and still enjoy what Sabbath has to offer.

#### **Forrest and Savana**

**Forrest:** For me, setting time aside has been a challenge. Also, defining Sabbath is a challenge. It's hard for me to do something without knowing what I'm supposed to do, so defining it and then just saying, "Do I want to actually do this?" That has actually been tough for me because I find myself always wanting to stay busy. Living in the Bay Area, I mean, you have to work, you have to make money. And that has always been intentional in my life, where it feels like I have to provide for a family. But in reality, God has been saying, "You know what? You don't have to work." I've always been thinking of Sabbath as "Thou shall not work on a Sabbath." But it's more for me to think of it as you don't have to work. You don't have to provide it today. Just rest in me.

**Savana:** I would add it can be a challenge for us to just plan ahead and set the time apart, especially because we have not really had a rhythm the past three months with newborn life. He's been home from work on paternity leave, so there hasn't really been like a consistent schedule to work with. But just for us, it's been as simple as just spending 30 minutes at a meal, talking together about the Bible, even with our two-year-old and our three-month-old. Starting that as soon as possible so that they're saturated in that, but we have to plan for it.

For me, my struggle is I can tend to want to just escape from what's happening in my life. Like, just be distracted by a good story, a good TV show, or a good book. Those, in and of themselves, are not bad. But if I'm looking to them as the way to rest or the way to get unplugged, it doesn't fulfill me, and it's not really resting my soul. So we've just had to think through those things of what it is that I'm looking to escape from as opposed to running to God instead.

#### **Theresa**

**Theresa:** The things that have been helpful for me are keeping things simple and remembering that Sabbath is between God and myself. Then also doing some prep work beforehand so that I'm not caught trying to prepare during Sabbath. The biggest obstacle: believing that rest is earned. That's a really big part of my struggle that it can only be enjoyed when my task list is manageable. Then it's really hard to leave tasks undone and not complete. So those are some of the challenges that I have. Fear of missing out on things and then protecting Sabbath on my calendar. That's really tough. A lot of things come up, and those are

honestly just challenges that I have. But I remember that I can rejoice in the Lord no matter what, and so that keeps me going and trying to seek out Sabbath.

#### **Joan**

**Joan:** For me, I really started with an attitude adjustment that this wasn't going to be a have to, but a get to, and that there wouldn't be anything obligatory about it. That whatever I do today is out of my devotion and love for Christ. I've had to work at remembering to give Hazel, Beatrice, Gertrude, Greta, and Mildred the day off! And that's been different. In Bible study, we've been studying Isaiah, and over and over and over again, it's, "Listen. Look up. Wake up. I need to be alert and pay attention to what really matters. The big obstacle for me is I'm a real get it done, make a list, have an agenda, and to have my hand be open, and to just let today be an adventure with Jesus. His creative genius is amazing if I'll take the time and get out of the way.

**Kevin:** We just have a couple more minutes left, but I want to end with a question of what has been the greatest joy that you guys have experienced in Sabbath and maybe even with a lens towards how has it been formative in your life?

#### **Marc and Tabitha**

**Marc:** Turning the devices off is great, especially with our boys. Everyone's in the moment. We're talking together, you're in tune with one another, and it's just made our time together so much richer. The simple activities like a walk to clear the mind. I feel like it resets me, and I see it also in our boys too when we do that. Intentional rest is needed. You get recharged. It's so helpful, and I'm so glad that God provided us this time.

With Sabbath I get a chance to reset, and because I get to unwind and recharge, I feel like. Personally, I'm a better husband, father, and teacher. Not perfect, definitely far from perfect, but it gives me a breather, and I really feel like it's a fresh start, so it really helps a lot.

**Tabitha:** We hear the word intentional a lot. Intentional time in recognizing praises in the week is definitely a blessing. Just having that designated space not to work has been refreshing for me. Sabbath is something that Marc and I didn't really grow up with, so one greatest joys is that we're able to instill it in our boys and see that they're seeing that this is an important habit for themselves as well. Sabbath does feel like it is family time, but I want to add that our Sabbath is set apart from the other days because of how we connect with each other and that it is on a deeper level without distractions.

#### **Savana and Forrest**

**Savana:** For me personally, I would say, similar to what Marc was saying, is when I do practice Sabbath, I notice I don't have as much anxiety about the week. In turn, that makes me a better wife, mom, friend, and helper to people who happen to show up

in the week. I would say, I was thinking this morning that when we've practiced Sabbath in the past, I remember there was one morning we were just doing our breakfast together and hanging out, and our neighbors texted us and said, "Hey, we're going to Costco. Can we get you anything?" And I was like, "God, that's so cool. Just seeing how you provided something that I knew I needed, but I was just laying it aside to practice rest and to trust that you have it all." They got us diapers, which were not cheap! So that was a huge blessing for us.

**Forrest:** The greatest joy for me is just getting closer to people around you and also getting real rest. Growing up, I never thought of Sabbath as a gift or at least a good gift. I always felt like getting clothes on Christmas. Yeah, that's a gift, but am I excited about that? No. But the idea of having two little kids now, I love the idea of a Sabbath.

#### Theresa

**Theresa:** Well, last year, I was put in a spot where I had to take a break. I needed one. And God put me in a spot where I had to have surgery and recovery time. So I was put in a place of forced rest and stopped. God gave me this wonderful time, uninterrupted for the most part when I could to spend time in prayer. I got to read. I got to listen to music. I got to color a coloring book and enjoy just a bunch of different things I normally wouldn't.

It was so refreshing. I liken my time with trying to get Sabbath together now and shaping that as intentional, wonderful time where I will be refreshed. And having that feeling of abundance, being able to experience joy and overflowing so that in that, I can share it with others. I can share God's goodness with others and be used by God in such a way.

#### Joan

**Joan:** I would just say the greatest joy knows that I tried to please my King, be with Jesus. Probably the biggest surprise is it's changed Monday through Saturday. It gets it right-sized. I get to start every Monday morning with fresh wind in my sails, and I'm so grateful for that. Thank you, church. I still have a long, long way to go to have less Joan and more Jesus. That's my goal.

**Kevin:** Well, thank you for trying it out. Experimenting with it. Working through those obstacles, sharing your own struggle. I've just been so blessed by so many of the stories we've heard, whether on the video or from you all. This is in progress, and that's okay. I love that word practice. We're trying it out. We're trying to take a step of intentionality towards that. So thank you. I want to honor your practice in that and bring that before us as well.

As we mentioned, you know, this is the final week, at least from the stage, that we're teaching on this. But we've designed all of these habits not to be just the sermon series and then finish, but rather the hope is actually from here, we launch out, and for the next about six months, the goal is for you all to now try to incorporate this.

I know many of you have already begun to try to figure this rhythm out, but I invite you to continue to lean into what Sabbath could look like. Talk with one another, talk and troubleshoot with people in your own life stage and differences and all those kinds of things because it is a difficult task.

It feels so foreign in our world. Our world is set up without rhythm, without Sabbath, and so to cut against the grain in that way poses all sorts of challenges. But we invite you to try it out and give it a shot and weave that into what it could look like. Remember that in all of this, what we're actually asking you to do is less.

It can feel like a lot, but we're actually inviting you to do less, to take a day where you retreat away, not more, not to add on but to do less. Remember, we don't keep the Sabbath. The Sabbath keeps us. And I can't help but think again of Jesus' words in Matthew 11, "*Come to me, all who are weary and burdened, and I will give you rest*" (v. 28). That's our hope, that rest for our soul in the very presence of God.

*This manuscript represents the bulk of what was preached at CPC. For further detail, please refer to the audio recording of this sermon.*

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