Opening Question: Have you ever felt overworked? Was that God's intention for humanity?

Read Exodus 20:8-11
"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

Sabbath and Creation:

- Sabbath is built into the rhythm of human life, and all of creational life
- While Israel had very specific Sabbath regulations to govern their life together. Sabbath governs the rhythm of our own lives in unique ways.
- Sometimes, we get stuck on Sabbath as a day of the week (Jewish Saturday, Christian Sunday), but Sabbath originated before either of these religious traditions.
- Respond to this quote: "However, Moltmann believes that the tradition only pays attention to the "six-day work" and ignores the "rest" of the Sabbath. It leads to the fact that"the meaning of their lives is identified with work and busy activity; and rest, the feast, and their joy in existence are pushed away, relegated to insignificance because they are non-utilitarian."

Sabbath and Rest from Work:

- What did God do for 6 days? Create! The term *work* is a bit too narrow: More broadly, Sabbath can also include rest from creative acts.
- Two phrases that I believe define the primary calling of human beings: Being Co-Creators with God and participants in the Mission of God. Both place different emphases, but mean the same thing. Sabbath is a disengagement from participating in God's work. Why?

Sabbath and Humanity / Worship

- Reminds us that it is God's work of New Creation / God's mission–we would do well to pause, worship, and reflect
- Reminds us of our human frailty–try to work with no rhythm of rest, and see how quickly you burn out!
- Our creativity is enhanced when we process life through times of rest

Sabbath and Creation Completion

- In the Sabbath, God completed Creation. Creation was completed in *rest*. God's work of New Creation, for which we are co-creators, ought to enhance rest, not diminish it.
- If the church is a symbol of the New Creation, how might we rethink our overemphasis on work?
- "Israel's sabbath is a unique foretaste. Jesus' proclamation of the imminent kingdom makes the whole of life a sabbath feast."

"Sabbath" can answer some of our most pressing questions:

- What is the Sabbath answer to the continuous development and plundering of natural resources?
- What is the Sabbath answer to the epidemic of willful overwork?
- What is the Sabbath answer to the exploitation of workers?
- What is the Sabbath answer to our rising long term health crises?
- What other life or world issues can Sabbath provide an answer for?

Quotes are from the article "Creation Is for Rest: A View of Moltmann's God in Creation" by Wang Zuomou in *Chinese Theological Review*, 32 2023, p 107-122.