



making sense of ...

rest and sabbath...

it is busy...

it is overwhelming...

The fourth commandment...

Exodus 20

Deuteronomy 5

## Exodus 20

<sup>8</sup> Remember the sabbath day, and keep it holy. <sup>9</sup> Six days you shall labor and do all your work. <sup>10</sup> But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

## Deuteronomy 5

<sup>12</sup> Observe the sabbath day and keep it holy, as the LORD your God commanded you. <sup>13</sup> Six days you shall labor and do all your work. <sup>14</sup> But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you.

<sup>15</sup> Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.

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God's creative task...

God's freedom...



the goal of creation...

creation stories in the ANE...  
the search for divine rest...  
humans to do the work...

creation...

to work, but not work without  
rest...

to pattern our lives after the  
divine rest enjoyed by God...

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sabbath...

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rest is partnership with God

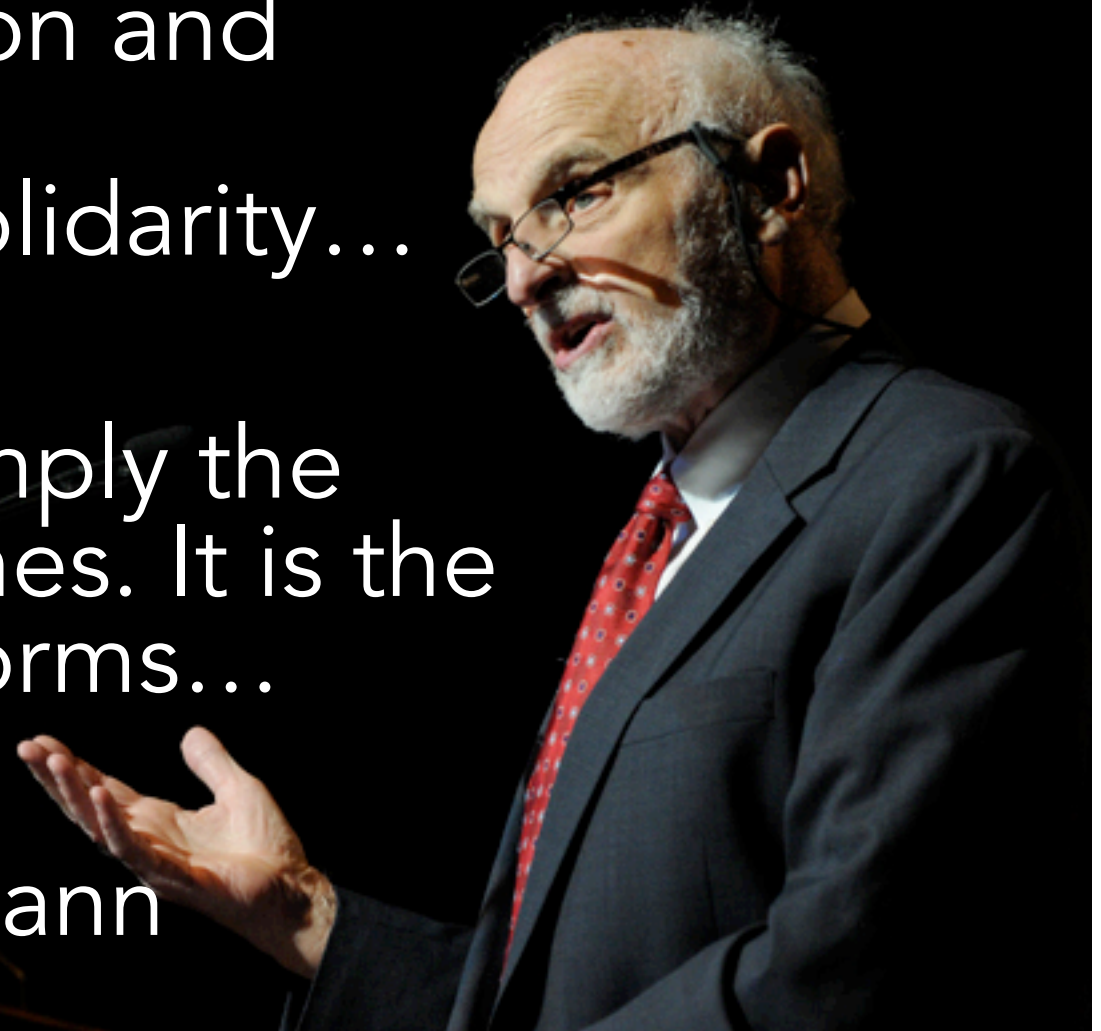
God's creative task...

God's freedom...

Sabbath is not simply a pause. It is an occasion for reimagining all of social life away from coercion and competition to compassionate solidarity...

Sabbath is not simply the pause that refreshes. It is the pause that transforms...

Walter Brueggemann



it is busy...

it is overwhelming...



David Ford

This book is about coping with multiple overwhelms, both good and bad. I see this as the most important thing in our lives. The basic question is: How, in the midst of all our overwhelms, are our lives shaped?

1. Name it

“I am overwhelmed”

2. Describe it  
solidarity of story



David Ford

### 3. Attend to the Shape of Living

The issue at stake is the whole shape of living. To attend to that when we are overwhelmed is no easy matter. But it is hard to imagine any adequate way of coping that does not try to answer the big questions about life, death, purpose, good, and evil. So the basic conviction of this book is that we need to attend to the shape of living. We do not need to drown in what overwhelms us, nor in the solution to fiddle with some of the details, important though they are. While doing justice to both overwhelms and the details, the main task is to stretch our minds, hearts, and the imagination in trying to find and invent shapes of living. It is a task as old as the flood and as modern as the computer.



David Ford

The climax of the church year is Easter, when the final drama of the life, death and resurrection of Jesus is celebrated. But that drama is also at the heart of the Lord's Supper, Holy Communion or Eucharist. So whenever we celebrate the Eucharist we identify with the drama afresh and see our lives in its light. To do this week after week, year after year, can transform our sense of time past, present, and future.

the communion table...