

Time 5: Time for Rest Thought For The Day:

BBC Radio Jersey Oct 18th 2013 @ 8.30am

Jonathan Sacks, the Chief Rabbi was asked what he would do if he ruled the world. He quickly replied, "I would resign immediately" He also said that before he resigned he would enact one institution that has the power to transform the world. The Sabbath".

For the Jewish community it is one day in seven, to neither work, nor employ, nor shop. A day of collective rest, 24 hours of contrast, a time of simplicity. It's dedicated to things that have a value not a price: family, community and thanksgiving.

Maybe in our fast moving world we might benefit from remembering the importance given by the Bible to observing time that is different. The first thing that is called holy in the Bible is neither place nor person, but the principle of time. It is the fourth commandment: Keep the Sabbath Holy or special.

Each generation has to choose whether this has relevance. For me this is how I interpret it.

"Sabbath is taking a day a week to remind myself that I did not make the world and that it will continue without my efforts.

A day when my work is done, even if it isn't.

A day when I am fully available to those I love most.

A day when I produce nothing.

A day when I remind myself that I am not a machine.

A day when at the end I say, "I didn't do anything today," and I don't feel guilty."

A day when my phone is turned off and I don't check my emails.

A day when I remember that when God made the world, he saw that it was good".

In this fast walking, technologically amazing age, may the wisdom of our forebears complement the privilege of work and creativity with their insight of a collective weekly day of rest and simplicity.

May we will find joy and wholeness in using our creativity. But once a week not work, not do, not strive and allow God's blessing to catch up with us.

Lord God, remind us that we are called human beings and not human doings. May we find wholeness in both our creativity and work, and in the gift of a shared deep Sabbath rest. Amen