

LEARNING HOW TO LOVE

TRADITION + HOPE + INCLUSION + FAITH

Sabbath and Peace

May 25, 2025

In the list of commands God gave to Moses to share with the Hebrew people, they made rest one of them. A command to rest weekly. A holy pattern. And that same pattern was to work at every scale. Every seventh day, then every seventh year. A whole *year* of rest.

God also invites us to associate rest with peace and justice and wholeness. It is a restoration – of our bodies, yes, but also our minds and beings, our relationships and our values. It is why we offer rest to those over whom we have power. We share Sabbath rest and peace and justice with our neighbors and children, slaves and livestock, our grounds and earth. We are equalized in Sabbath with the soil.

This coming season, we are invited to know this rest for and with one another. To invest in a life of justice and peace through sabbatical renewal time, through fun and courageous creating, through joy and laughter. To hope and revel in a season of peacemaking as children of God.

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