

*FOR SABBATHS SAKE: EMBRACING YOUR NEED
FOR REST, WORSHIP, AND COMMUNITY*

MYERS PARK BAPTIST CHURCH

75TH ANNIVERSARY

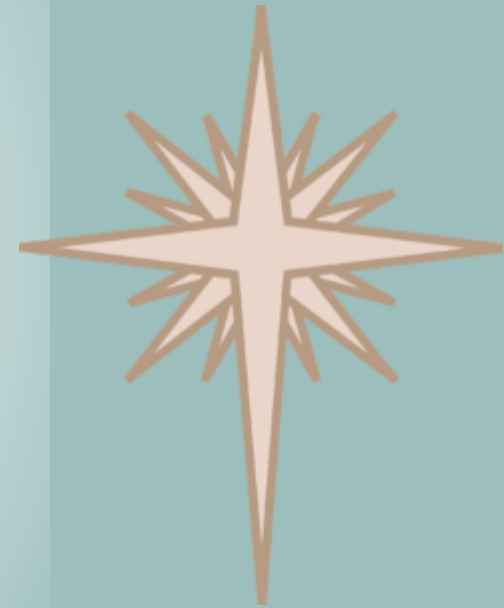
INTERGENERATIONAL RETREAT

KANUGA RETREAT CENTER

HENDERSONVILLE, NC

FEBRUARY 23 – 25, 2018

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Forever Forward:

We are a people on a journey.

May we hear what is ours to hear.

May we do what is ours to do.



**SESSION I:
THE WHAT AND WHY OF
SABBATH
SATURDAY 9:30A TO 10:30A**

**“The sabbath is a day for
the sake of life.”**

—Rabbi Abraham Joshua
Heschel

OPENING
OUR TIME
TOGETHER

Be still and know
that I am God.

Be still and know
that I am.

Be still and know.

Be still.

Be.

SABBATH OPPORTUNITY



LENTEN BOOK STUDY

MYERS PARK
BAPTIST CHURCH

FOREVER *forward* ♦ 75 YEARS



Goal 1: Faith

Continuously explore and deepen our faith in God, who frees and transforms us in heart, mind and body.



Goal 2: Internal Church Family

Build a dynamic, diverse church culture where we embrace and empower one another through wholehearted relationships.



Goal 3: External Community

Boldly practice the compassion and justice of Jesus by working with the poor, marginalized and oppressed.



Goal 4: Sustainability

Cultivate our human, financial and physical resources to grow and sustain a vibrant church.

YOUR GOALS:

**YOUR TOOLS:
SABBATH
REST,
SABBATH
WORSHIP,
AND SABBATH
COMMUNITY**



SABBATH INVITES US
TO STOP AND REST
IN ORDER TO
RECALIBRATE TO
THE ONE WHO IS THE
CENTER

#ForSabbathsSake

@JDanaTrent

WHAT IS SABBATH?

Genesis 2:1-3

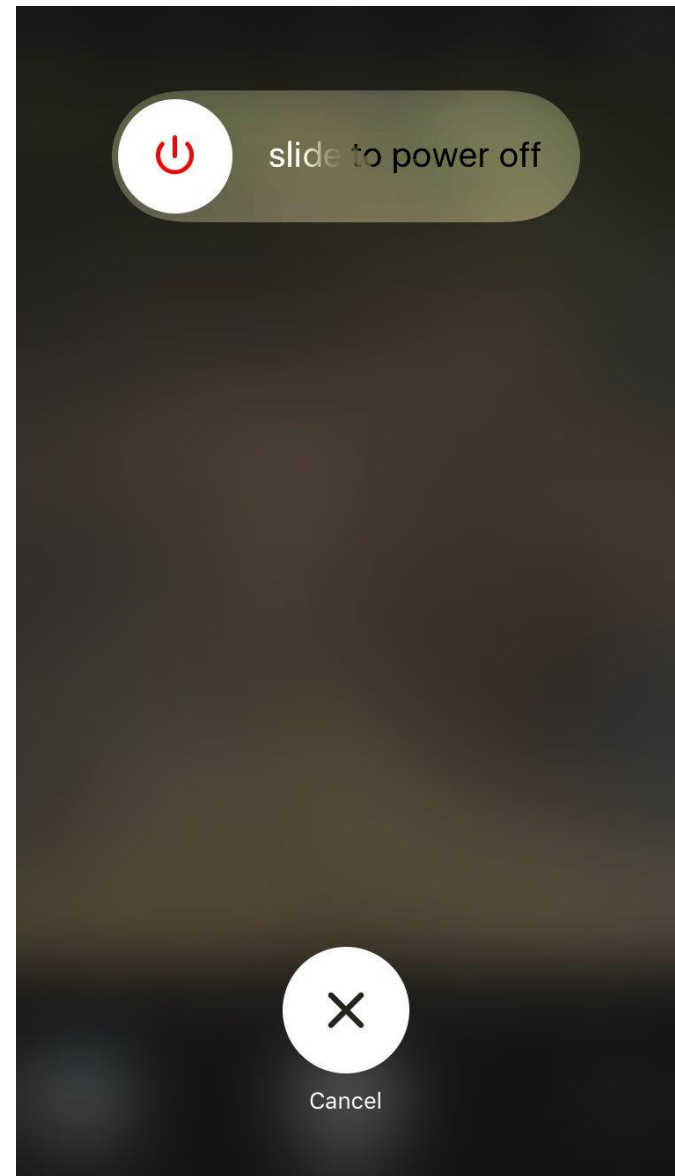
*God ceased/rested
(*shabbat*)

Rhythm of 6 and 1

- *Reflection
- *Reconnection
- *Renewing

Exodus 20:8-11

*Commandment from
God



“Palace in time.”
--Heschel

INTENTION + IGNATIAN EXAMEN

Think-Pair-Share#1

- **Friday Worship:** What intention did/do you have for the weekend?
- **Saturday Morning Worship:** **Lectio Divina:** What did you hear from this morning's scripture?
- **Examen:** Where/how did you encounter God?



ONE SABBATH, MANY REASONS

Hopes

Intentions

Spiritual Needs

Spiritual Yearning

God-Stirrings

Curiosity

Apprehension

Take-Aways





**THE
PROBLEM**

**PHYSICAL, MENTAL, AND
SPIRITUAL EXHAUSTION.**

24/6

SLEETH

BRUEGGEMANN

Sabbath as Resistance

Sabbath Keeping Donna Schaper

SABBATH

FINDING REST, RENEWAL, AND DELIGHT IN OUR BUSY LIVES

WAYNE MULLER

THE SABBATH

ABRAHAM JOSHUA

HESCHEL

THE WRITING LIFE

ANNIE DILLARD

On Sale 12/16/14

TO: YOU *Love,* GOD

BOWEN

The Confessions

Saint Augustine

THE RULE OF SAINT BENEDICT WILSON-HARTGROVE

PARACLETE ESSENTIALS

THE CHRISTIAN PRACTICE OF EVERYDAY LIFE

Series

LIVING THE SABBATH

WIRZBA

THE SABBATH WORLD

JUDITH SHULEVITZ

THE SOLUTION

**THREADS AND
THEMES:
HERE'S WHAT I
DISCOVERED**

Rest

Worship

Community

**God, You, and
Community**

Key ingredient:

Intention



*Those who savor life are
neither preoccupied or
obsessed with strangling
productivity out of it.*

#ForSabbathsSake @jdanatrent

**Jubilee + Lent =
Opportunity!**



INTENTION VS. REALITY

BUT, WHY?!

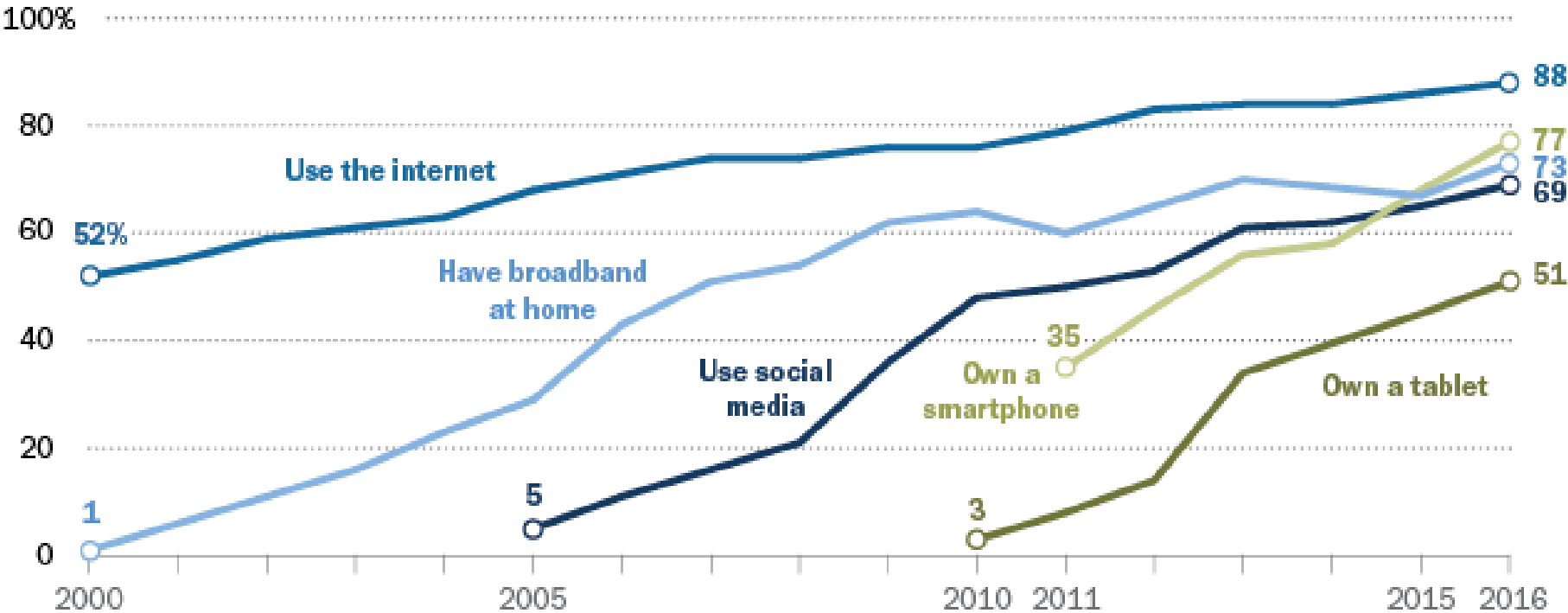
**“How we spend
our days, is, of
course, how we
spend our lives.”**

–Annie Dillard



The evolution of technology adoption and usage

% of U.S. adults who ...



WHERE DOES OUR TIME GO?

Crazy busy

Distracted

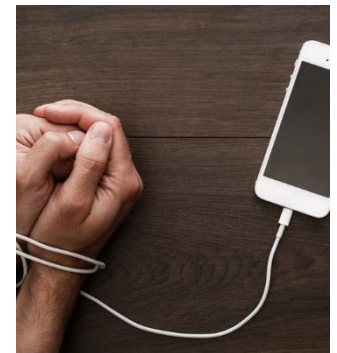
Overprogrammed

Overworked

FOMO

Attachments

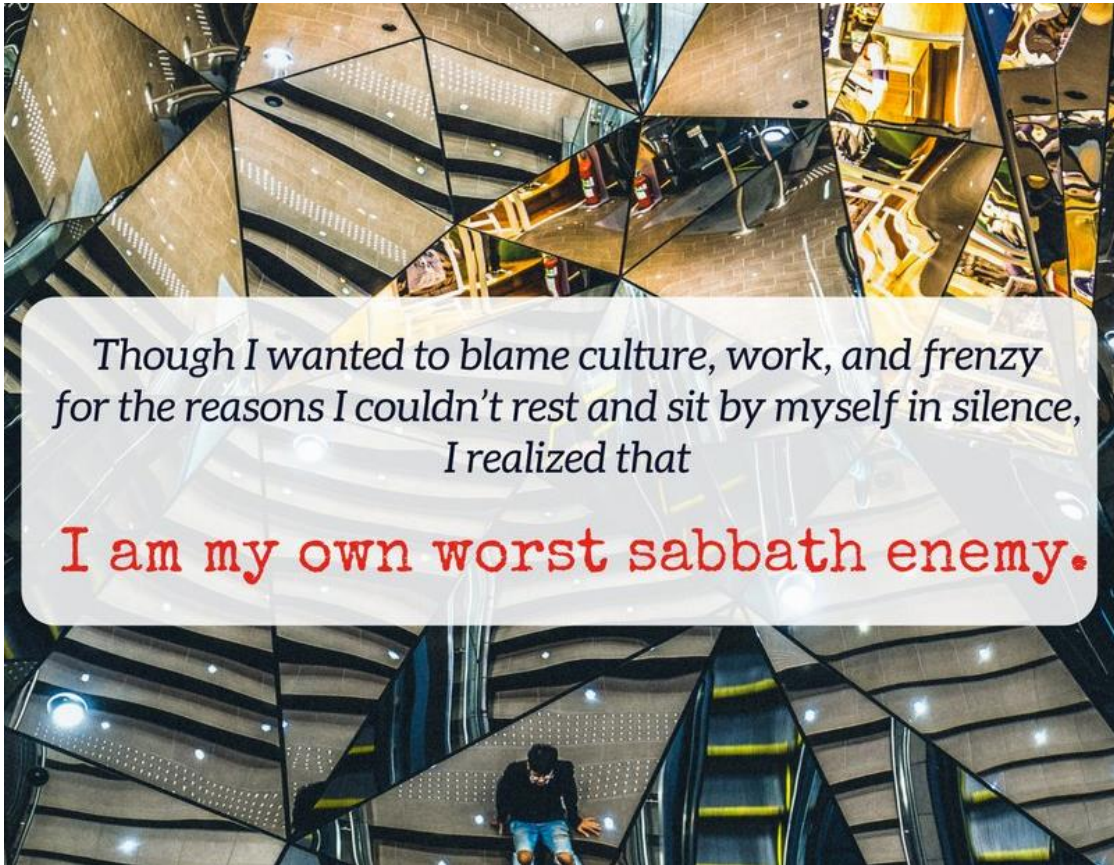
**Tech + Retail +
Entertainment**



**OUR 24/7 CULTURE
AND ECONOMY WILL
NOT ENCOURAGE YOU
TO KEEP SABBATH**



THE CHRISTIAN CENTURY
FEBRUARY 28TH EDITION
**“THE ONE WITHOUT A
SMARTPHONE”**



Though I wanted to blame culture, work, and frenzy
for the reasons I couldn't rest and sit by myself in silence,
I realized that

I am my own worst sabbath enemy.

AWARENESS

1. WHAT ARE **YOUR BIGGEST OBSTACLES** TO SABBATH FOR YOU AS AN INDIVIDUAL, A FAMILY, AND A WORSHIPPING COMMUNITY?
CONSIDER WHY THEY ARE OBSTACLES.

2. KEEPING IN MIND THE MPBC JUBILEE GOALS ... **WHAT CAN YOU DO--AS AN INDIVIDUAL, FAMILY, AND WORSHIPPING COMMUNITY—TO HELP OVERCOME THEM?**



**SILENT
PRAYER/REFLECTION ON
SESSION I ON SESSION I:
10:30A TO 11:30A
JOURNAL | PRAY
WALK MINDFULLY
CONSIDER THESE PROMPTS**

INTENTION + IGNATIAN EXAMEN

Think-Pair-Share #2

- What bubbled up during your hour of silence for journaling, prayer, walking mindfully?
- How did you respond to the two prompts?



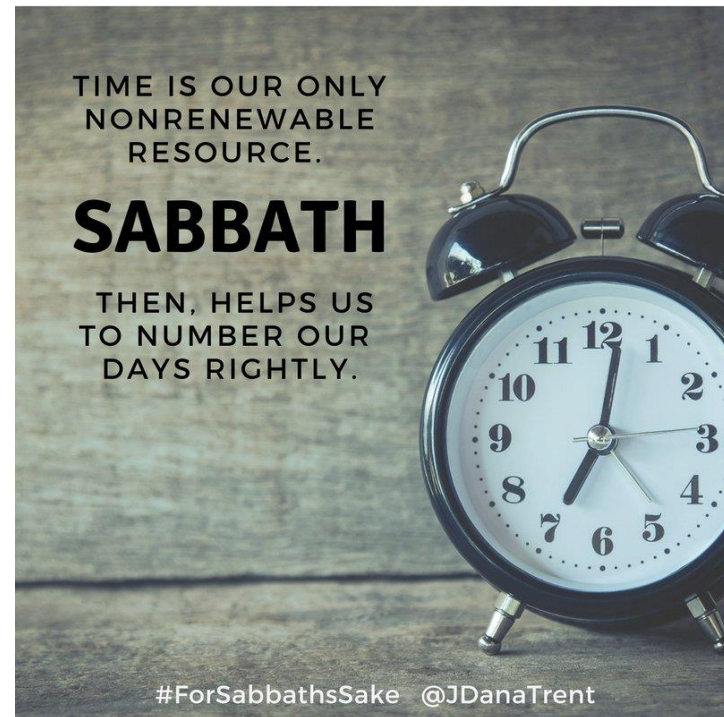


**SESSION II:
INTERGENERATIONAL
REFLECTIONS ON SABBATH
SATURDAY 1:00 P.M. TO 2:00 P.M.**

**“The sabbath is a
day for the sake of
life.”**

—Rabbi Abraham
Joshua Heschel

THE ANCIENT WAYS: OUR MODERN PERMISSION SLIPS



Genesis: Creation Narrative

Exodus—it's a commandment! 😊

Psalms—numbering our days rightly

Gospels—Christ is “Lord of the Sabbath”

(solitude, worship, community, service, and activism)

DOUBLE PORTION OF MANNA: SABBATH IS ABOUT HUMILITY *AND* TRUST

WE HAVE ALL THE PERMISSION
WE NEED TO STEP AWAY.

THE WORLD
WILL NOT
CRUMBLE

BECAUSE WE ARE NOT ITS
MAKER OR MAINTAINER.

#ForSabbathsSake @JDanaTrent

SABBATH *IS* ACTIVISM

**CONTEMPLATION
LEADS TO ACTION**

**KEY INGREDIENT?
*INTENTION***



**Positive and Negative
Duties**

SABBATH AS REST AND SOLITUDE

ALL OF HUMANITY'S
PROBLEMS STEM
FROM MAN'S INABILITY
TO SIT
QUIETLY IN A ROOM
ALONE.

Blaise Pascal



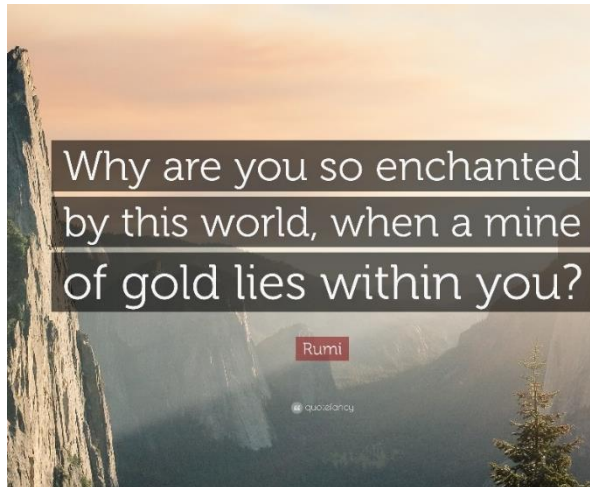
BE STILL
and know that
I
am
GOD
Psalms 46:10



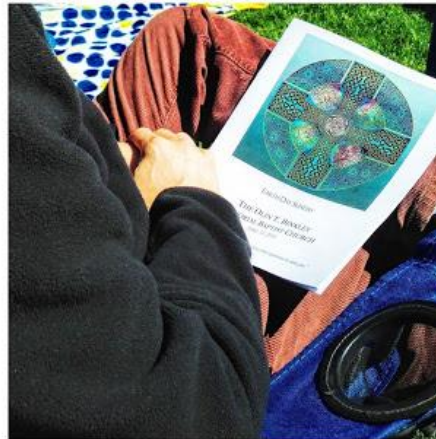
Why are you so enchanted
by this world, when a mine
of gold lies within you?

Rumi

quotationary



SABBATH AS WORSHIP



SABBATH AS COMMUNITY



SABBATH = LABYRINTH

Somehow, the same path that leads us to the center also leads us back into the world as *changed* people.

#ForSabbathsSake @JDanaTrent

- How does it feel to have *permission* to keep sabbath?
- Which of the three threads do you most *right now*? Rest, worship (spiritual practice), and community.

**Time is the country in which all spiritual practices
live and breathe.**

–Wayne Muller, *Sabbath*

A LITTLE CHILD SHALL LEAD THEM ... ISAIAH 11:6

Time is the country in which all spiritual practices
live and breathe.

—Wayne Muller, *Sabbath*



**Sabbath Play,
Sabbath Boxes;
Sabbath YES/NO
Rocks: Your dreams
for your practice**

- Share your **“Sabbath Box”**
- What are **your dreams for sabbath?**
- Share your **“YES/No!”** rock. What will you say **“YES!”** to? What will you say **“No!”** to?
- How will you **carry those intentions home?**

**SABBATH AS COMMUNITY:
REFLECTIONS ON SESSION II:
SHARING OUR SABBATH DREAMS
SATURDAY, 2:00 P.M. TO 2:30 P.M.**

**“The sabbath is a day for
the sake of life.”**

–Rabbi Abraham Joshua
Heschel

Tools for Your Sabbath Rest, Worship, and Community:

- Breath meditation
- Lectio Divina
- Centering Prayer
- Loving-Kindness
- Devotional Meditation

One Breath at a Time: A Skeptic's Guide to Christian Meditation, February 2019 (Upper Room Books)

**OPTIONAL MINDFULNESS-
MEDITATION SESSION
SATURDAY, 2:30 P.M. TO
3:00 P.M.**

**“The sabbath is a day for
the sake of life.”**

—Rabbi Abraham Joshua
Heschel



**SESSION III:
WE ARE PEOPLE ON A JOURNEY
SUNDAY, 10:00 A.M. TO 11:00
A.M.**

**“The sabbath is a day for
the sake of life.”**

—Rabbi Abraham Joshua
Heschel



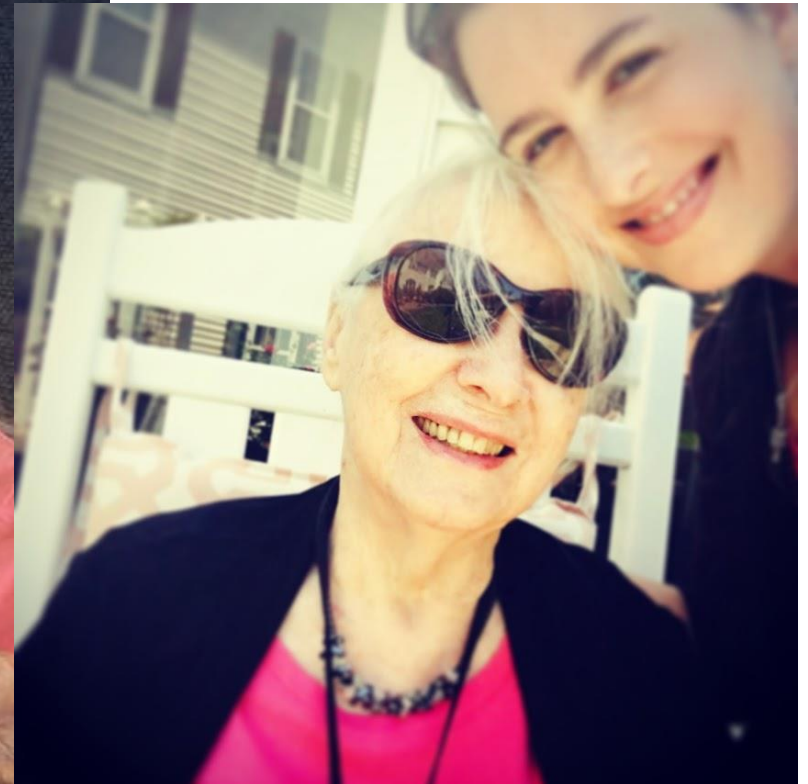
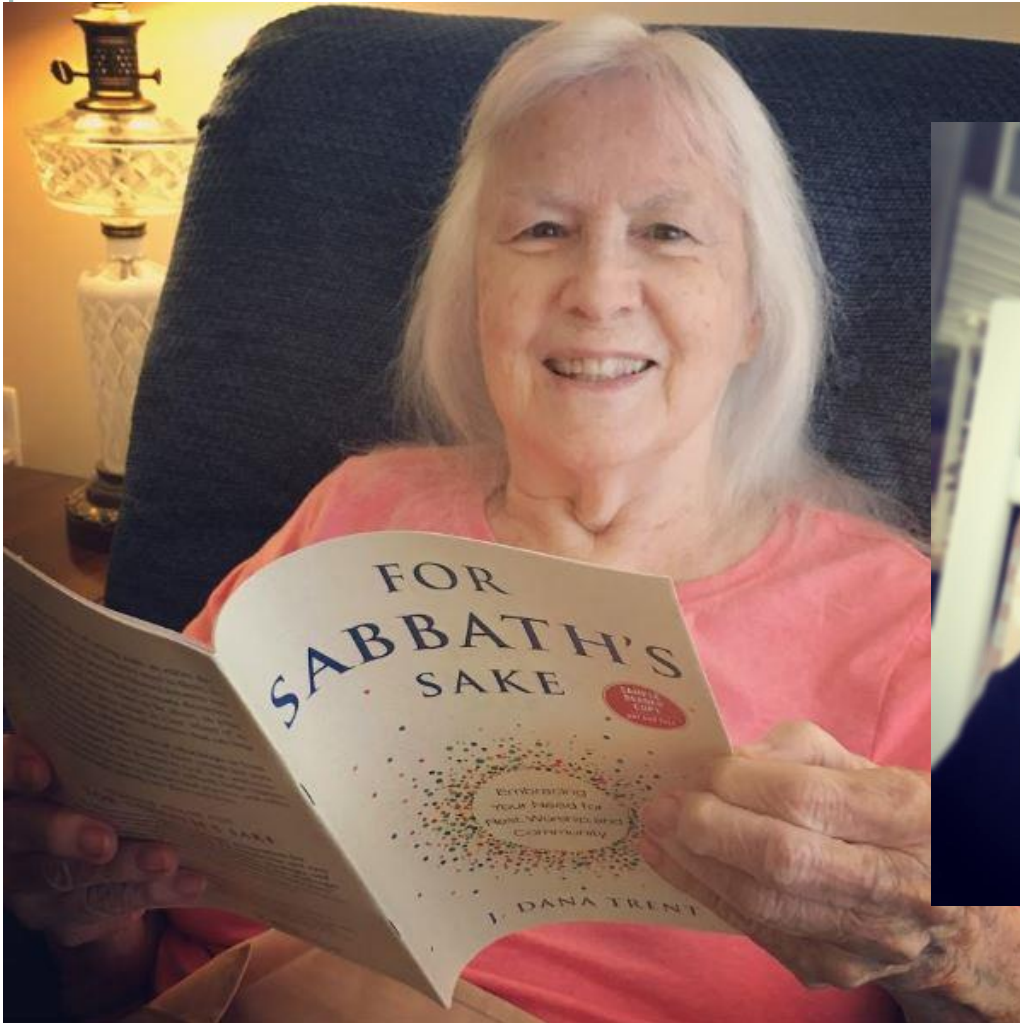
True life is lived when
tiny changes occur.

Leo Tolstoy

 quotefancy

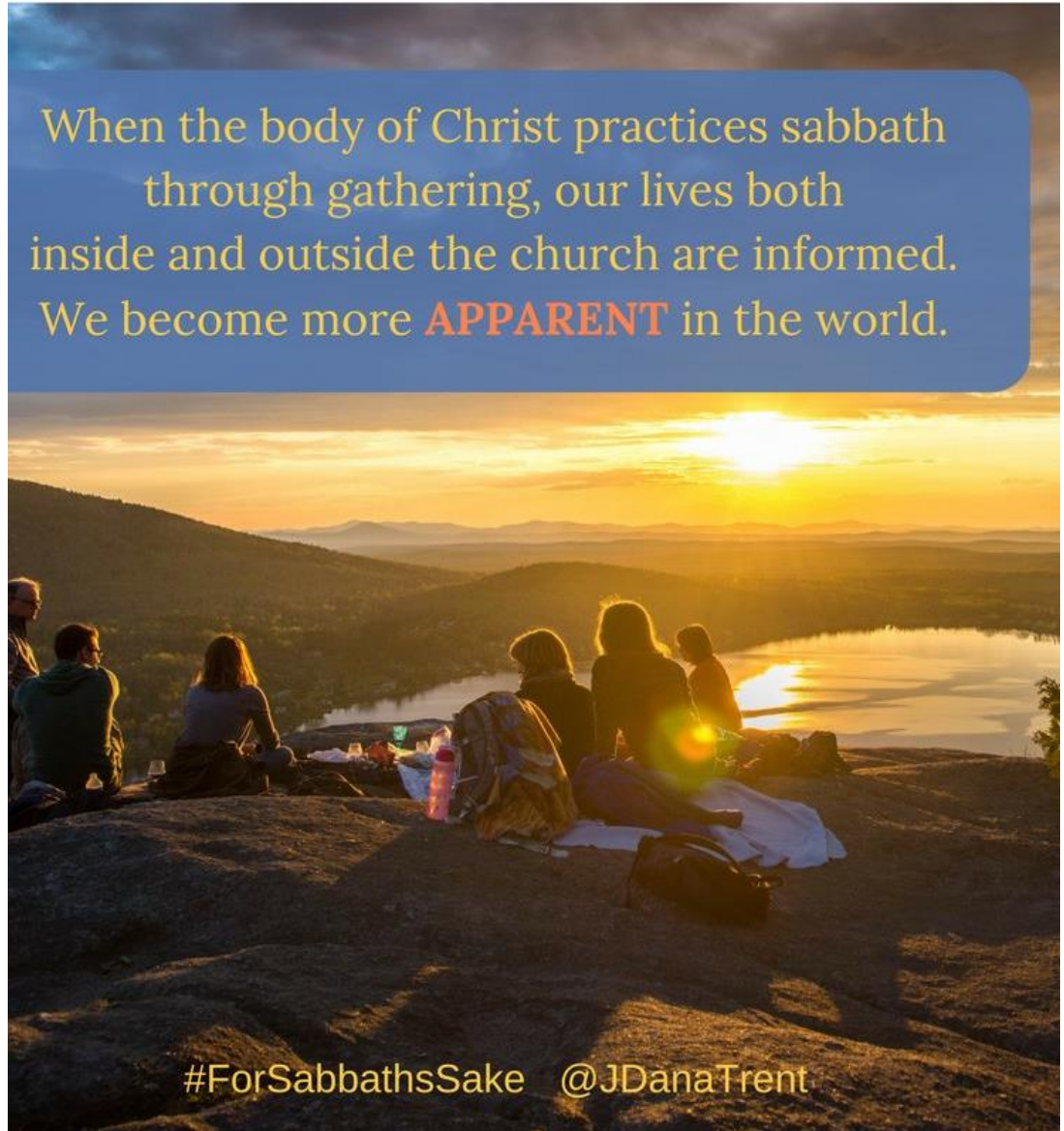
**GATHERING TO REFLECT
ON SABBATH WEEKEND**

MY FIRST REAL SABBATH

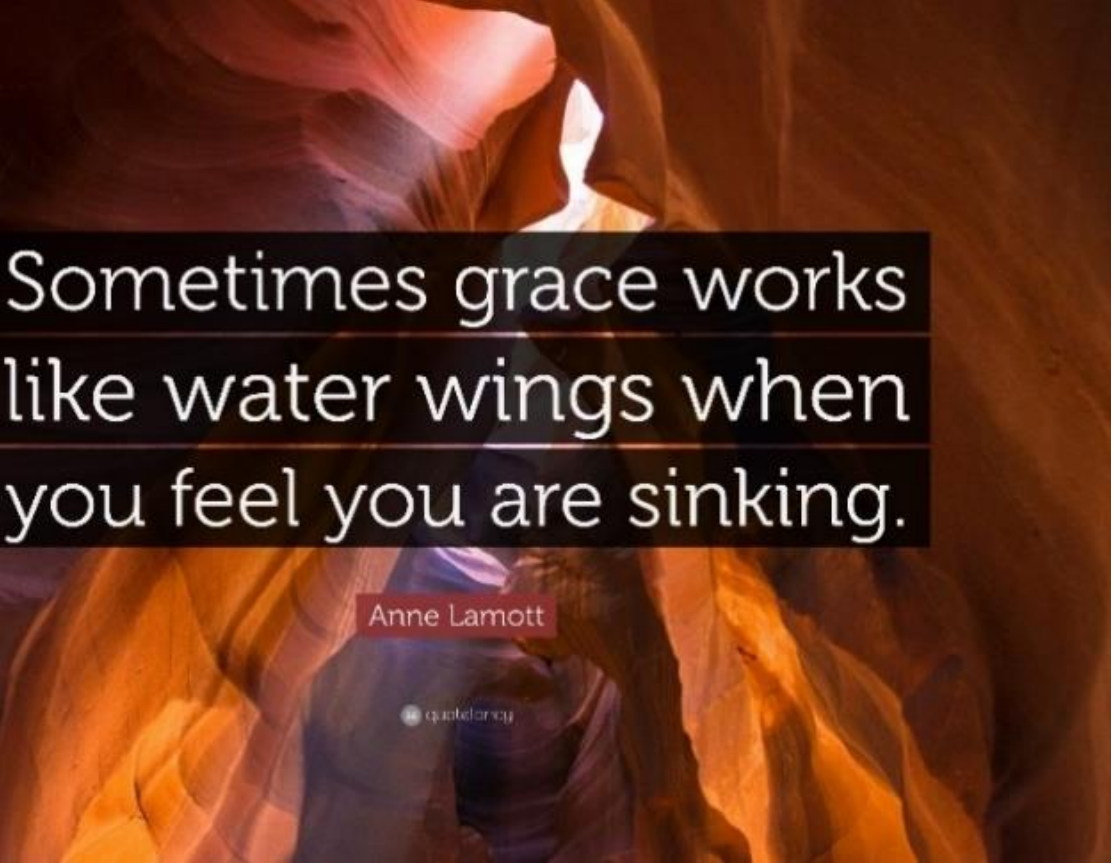


SABBATH SHOWS THE WORLD WHO AND WHOSE WE ARE

When the body of Christ practices sabbath through gathering, our lives both inside and outside the church are informed. We become more **APPARENT** in the world.



#ForSabbathsSake @JDanaTrent



Sometimes grace works
like water wings when
you feel you are sinking.

Anne Lamott

quaternary

**STARTING YOUR SABBATH
JOURNEY THIS LENT AND
JUBILEE YEAR
IN THREE EASY STEPS:**

Put away your phone/wallet

- The “Brain Drain”
Study in *Journal for
the Association for
Consumer Research*

Rest

- Dr. Matthew Walker,
UC, Berkeley, *Why
We Sleep*

Cultivate Community

- Social media and
loneliness study, Dr.
Brian Primack
- Sanctuary/advocacy

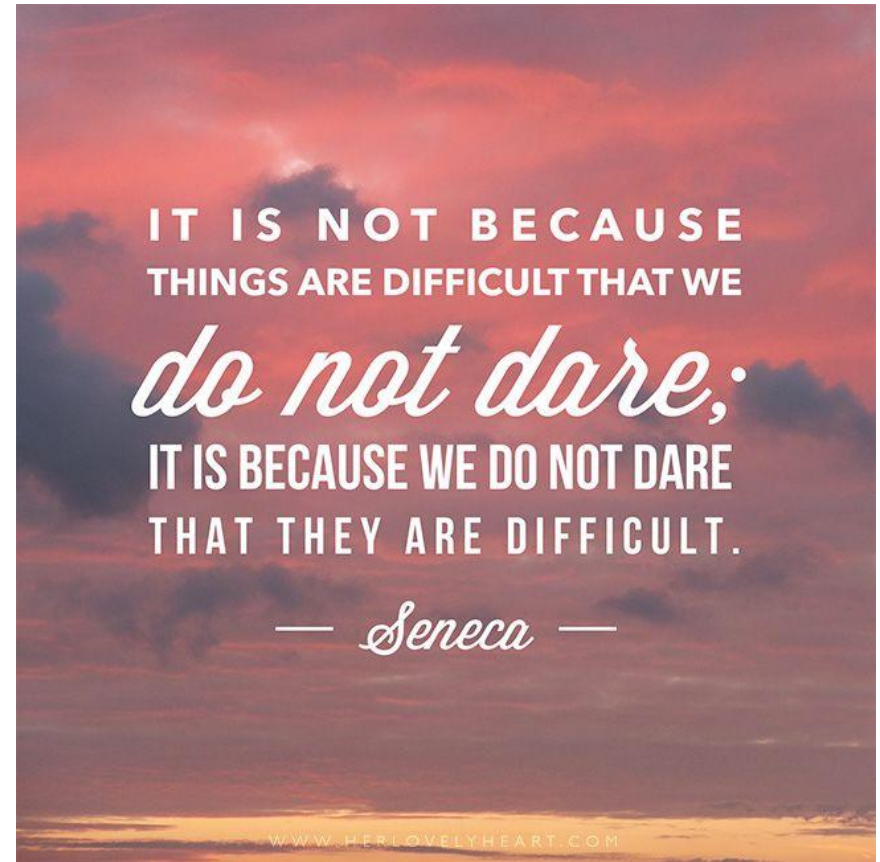
CHALLENGE ACCEPTED!

Forever Forward:

**We are a people on
a journey.**

**May we hear what
is ours to hear.**

**May we do what is
ours to do.**



A person with long, light-colored hair is seen from behind, looking out at a bright sunset. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The person's hair is silhouetted against the bright light.

REMEMBER

YOU GET TO START AFRESH EACH WEEK.

**GOOD NEWS: 52
CHANCES PER YEAR!**

LENTEN/JUBILEE HOMEWORK 😊

LET ME KNOW HOW IT GOES

Try

Try the
three bite-
sized hacks
this week

Observe

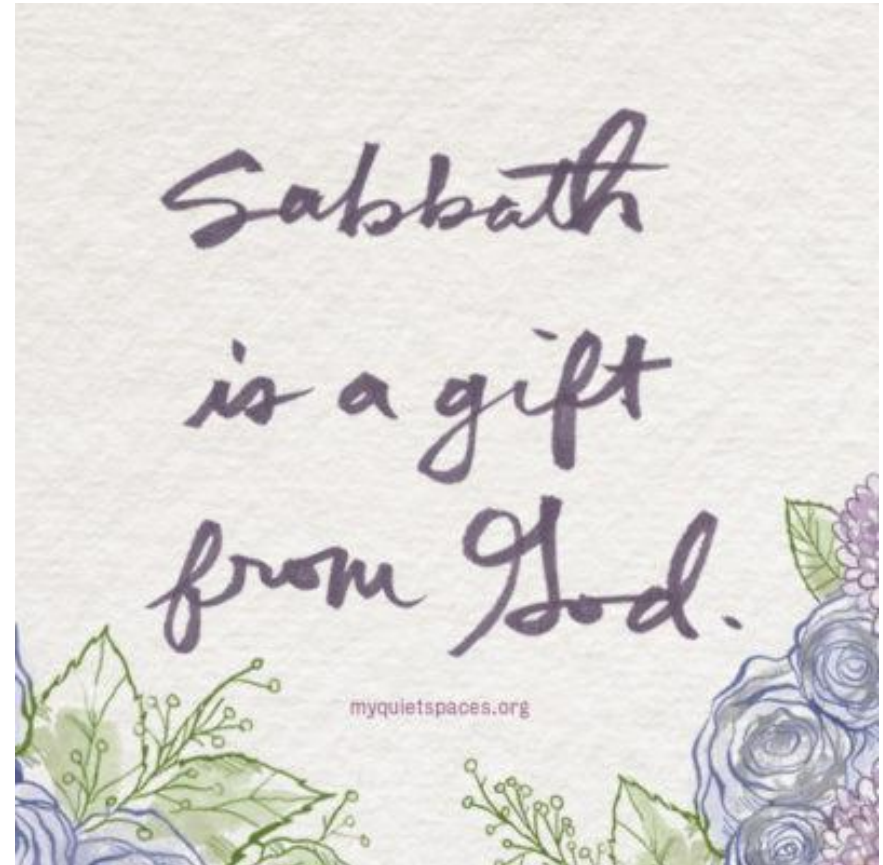
Ignatian
Examen:
Observe
how you *feel*
afterward

Formula

Unplug.
Sleep.
Connect.
Repeat.

NEED MORE TIPS?!

JDANATRENT.COM AND MYQUIETSPACES.ORG





UPCOMING BOOKS!

ONE BREATH AT A TIME: A SKEPTIC'S GUIDE TO CHRISTIAN MEDITATION
(UPPER ROOM BOOKS, FEBRUARY 2019)

BORN DYING: FAITHFUL REFLECTIONS TO HELP YOU COPE WITH DEATH AND GRIEF (CHALICE PRESS, SPRING/SUMMER 2019)



**REST =
REVOLUTIONARY!**

**@jdanatrent on
Twitter and
Instagram**

**J. Dana Trent,
Author on
Facebook**

**Email:
dana@jdanatrent.com**

CLOSING OUR TIME TOGETHER

Be still and know
that I am God.

Be still and know
that I am.

Be still and know.

Be still.

Be.

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