

# Rest & Resilience

Following the Way of Jesus through Lent

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# Sabbath Moments

*Come to me, all you who are weary and burdened, and I will give you rest.  
(Matthew 11:28, NRSV)*

I have often said, “Sabbath is not a suggestion. It is a commandment.” But what happens when you can’t rest the way God intended? What happens when you want to keep the Sabbath but your livelihood doesn’t allow for it?

Until recently, I spent almost ten years in seasonal work at Christian summer camps. From Memorial Day to mid-August, I rarely got a day off. I definitely didn’t get a Sabbath every seventh day and I didn’t make it to church. I’m not the only one.

There are loads of people in this world who can’t keep the sabbath every seven days—the single mom who works three jobs, the caretaker of a cancer patient, the bi-vocational pastor who preaches on his or her day off. Oil rigs don’t stop for the Sabbath; neither does the harvest ... or pandemics.

How do you keep the Sabbath when your work doesn’t allow you to rest for an entire day? I look to scripture as a guide. I remember that Jesus snuck away for Sabbath moments in the bottom of boats, on the top of mountains, and by himself in prayer. He can be the source of my spiritual rest, even when physical rest may not be possible. I find quiet Sabbath moments to pause, breathe, sing, pray, and start again. I remember that Jesus grabbed moments of rest when he could. I grab a Sabbath moment and thank God for a breath, and I look forward to when a time of real rest will come.

If you are weary, you are not alone.

**Prayer:** Dear God, thank you for Sabbath moments. Help us to notice them, and help them sustain us for now. Amen.

—Rev. Tiff Williams