



## **CULTIVATING COMPASSION: THE IMPORTANCE OF SABBATH KEEPING**

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# Cultivating Compassion: The Importance of Sabbath Keeping

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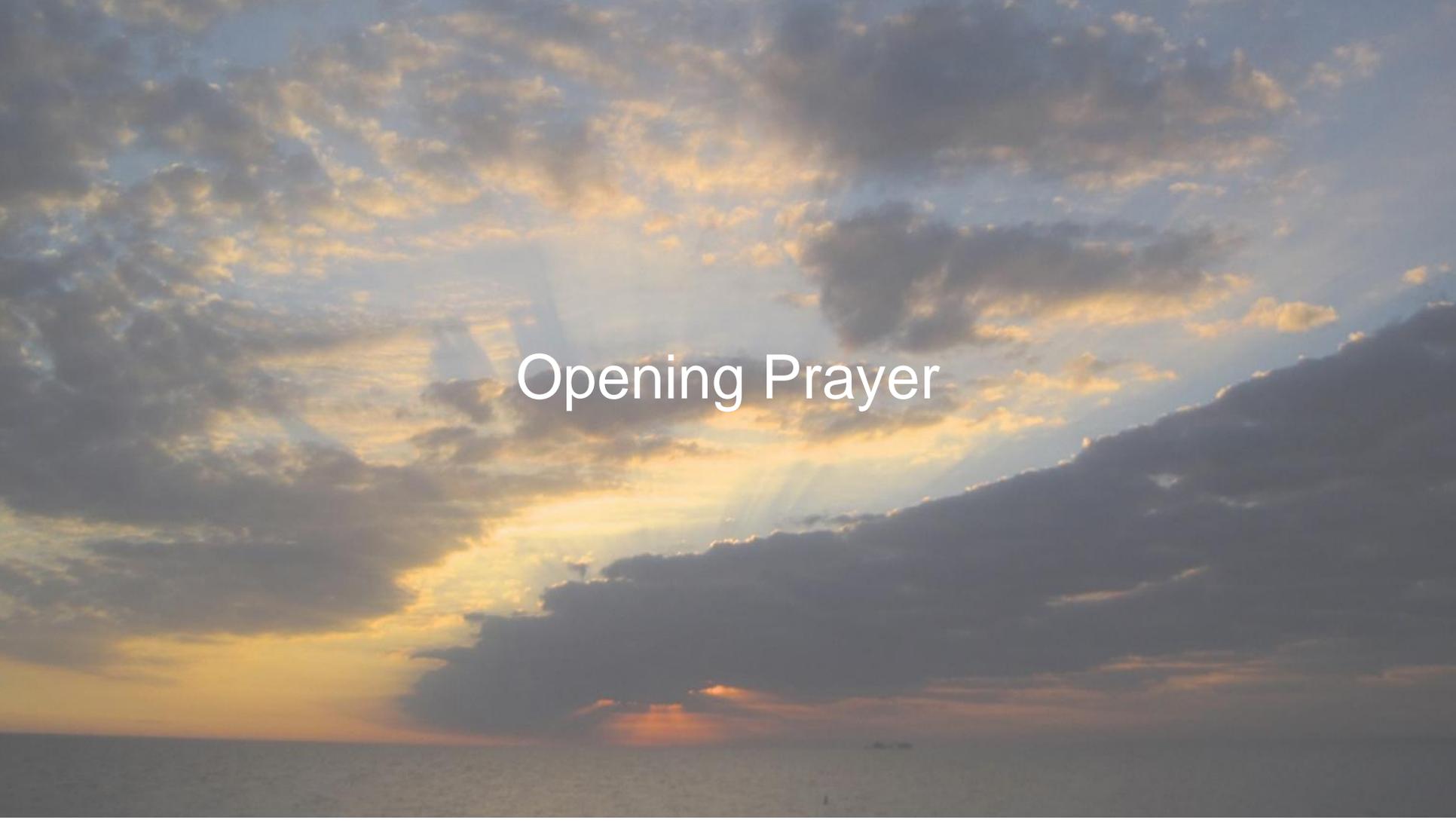
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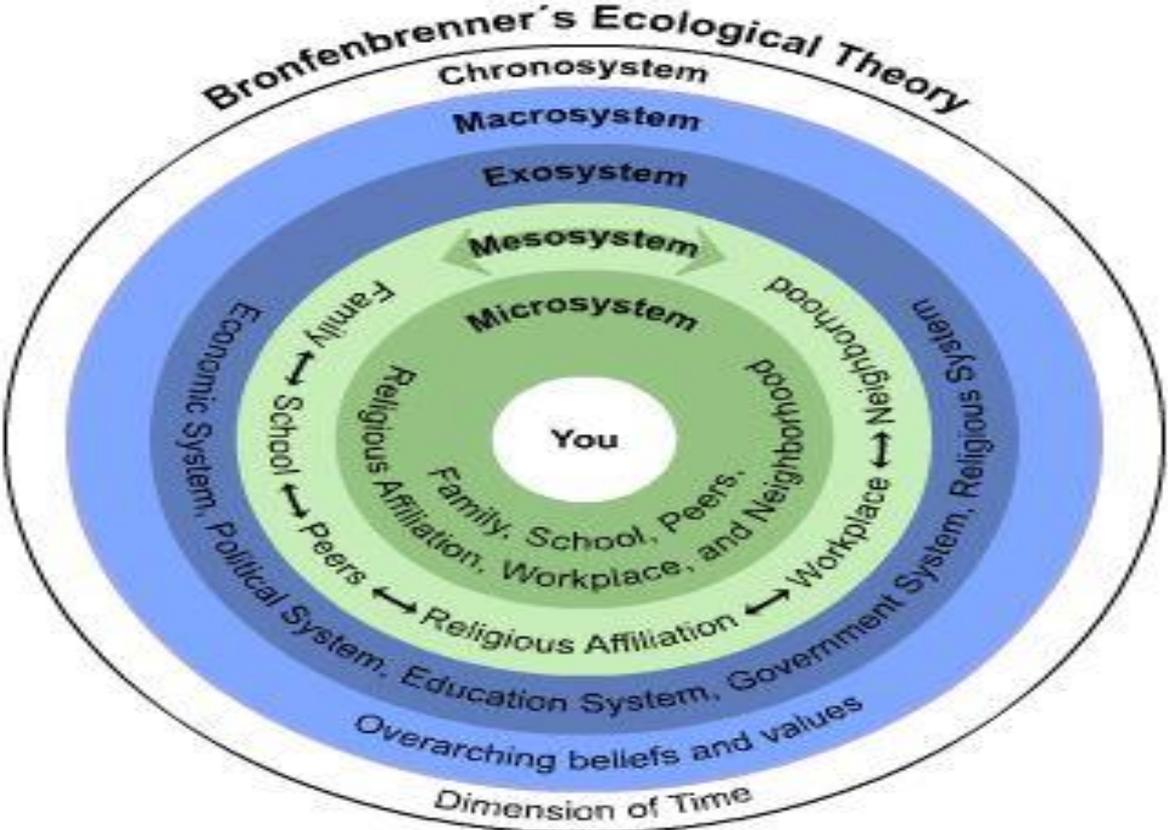
A dramatic sunset over the ocean. The sky is filled with large, dark, billowing clouds that are illuminated from below by the setting sun, creating a golden glow and long, dark shadows. Sunbeams (crepuscular rays) are visible, radiating from the sun's position behind the clouds. The horizon line is visible at the bottom of the frame, showing the dark sea under the colorful sky.

# Opening Prayer

# Our Sabbath Spaces



# Ecological Perspective

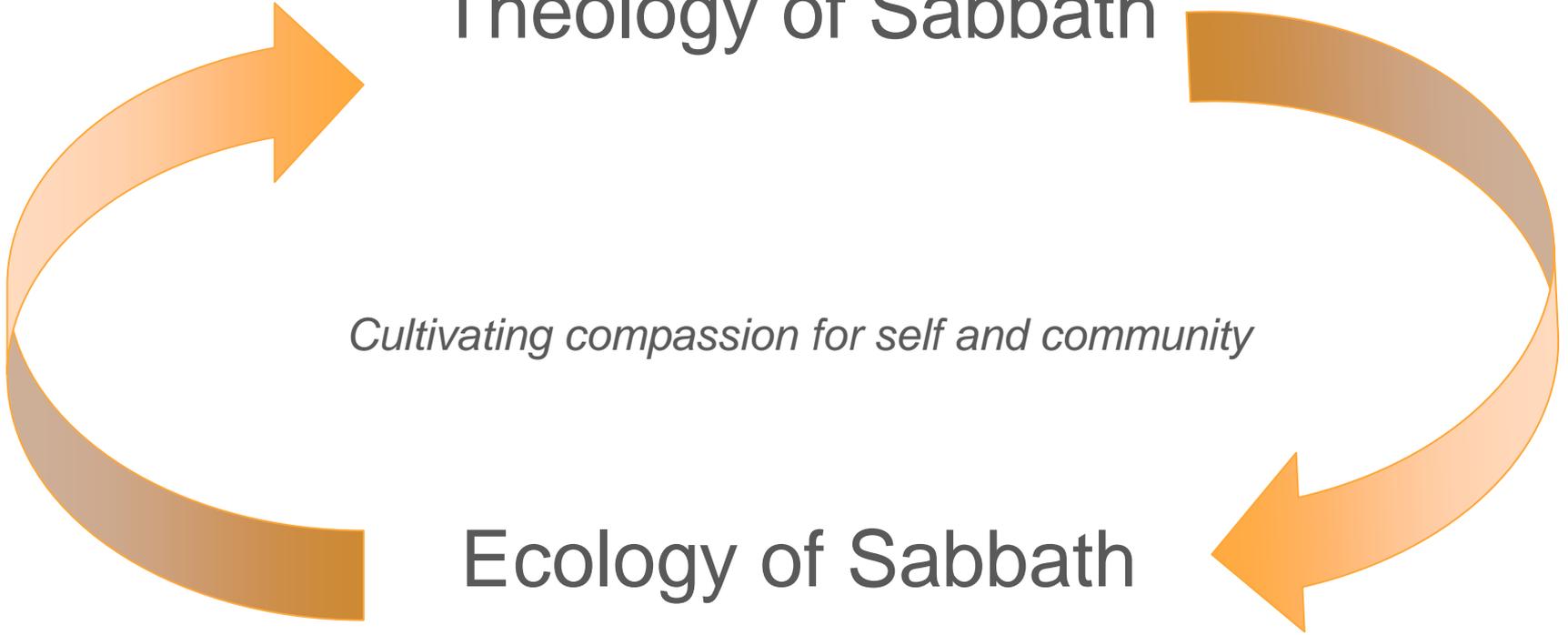


# The *theology* and *ecology* of Sabbath

Theology of Sabbath

*Cultivating compassion for self and community*

Ecology of Sabbath



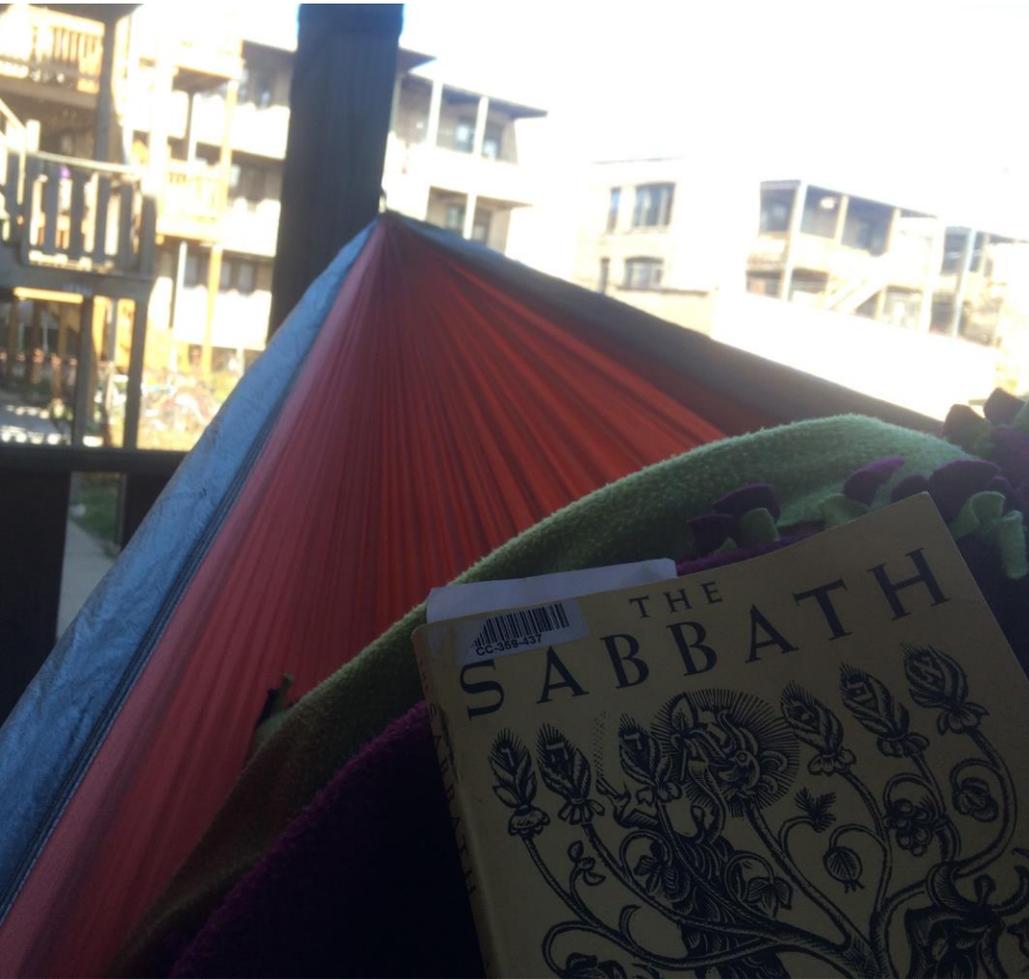
# Sabbath and Creation

Genesis 2:1-3

Thus the heavens and the earth were finished, and all their multitude.

And on the seventh day God finished the work that God had done, and rested on the seventh day from all the work that God had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that God had done in creation.

These are the generations of the heavens and the earth when they were created.



# Sabbath and the Holiness of Time

Rabbi Abraham  
Joshua Heschel

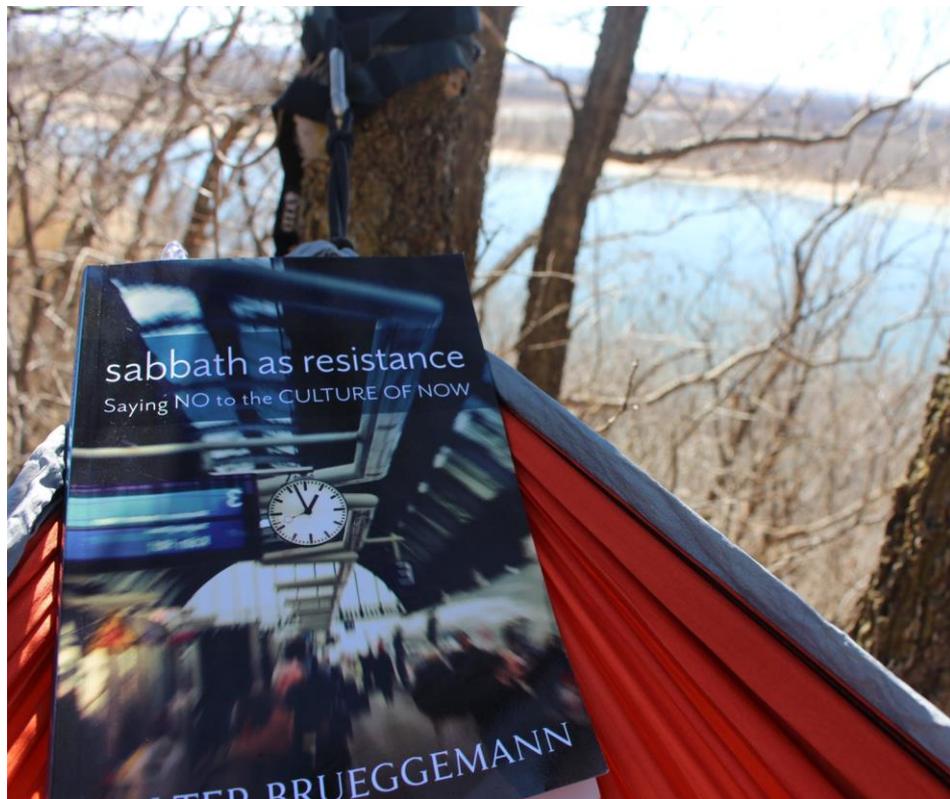
# Sabbath and the 10 Commandments

Deuteronomy 5:12-15

Observe the sabbath day and keep it holy, as the Lord your God commanded you.

For six days you shall labour and do all your work. 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.

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



# Sabbath and Production

Walter Bruggemann

# Ecology of Sabbath

“Sabbath-keeping is a way of making a statement of peculiar identity amid a larger public identity, of maintaining and enacting a counter-identity that refuses “mainstream” identity, which itself entails anti-human practice and the worship of anti-human gods. Understood in this way, Sabbath is a bodily act of *testimony* to alternative and *resistance* to pervading values and assumptions behind those values” (Bruggeman, p.21).

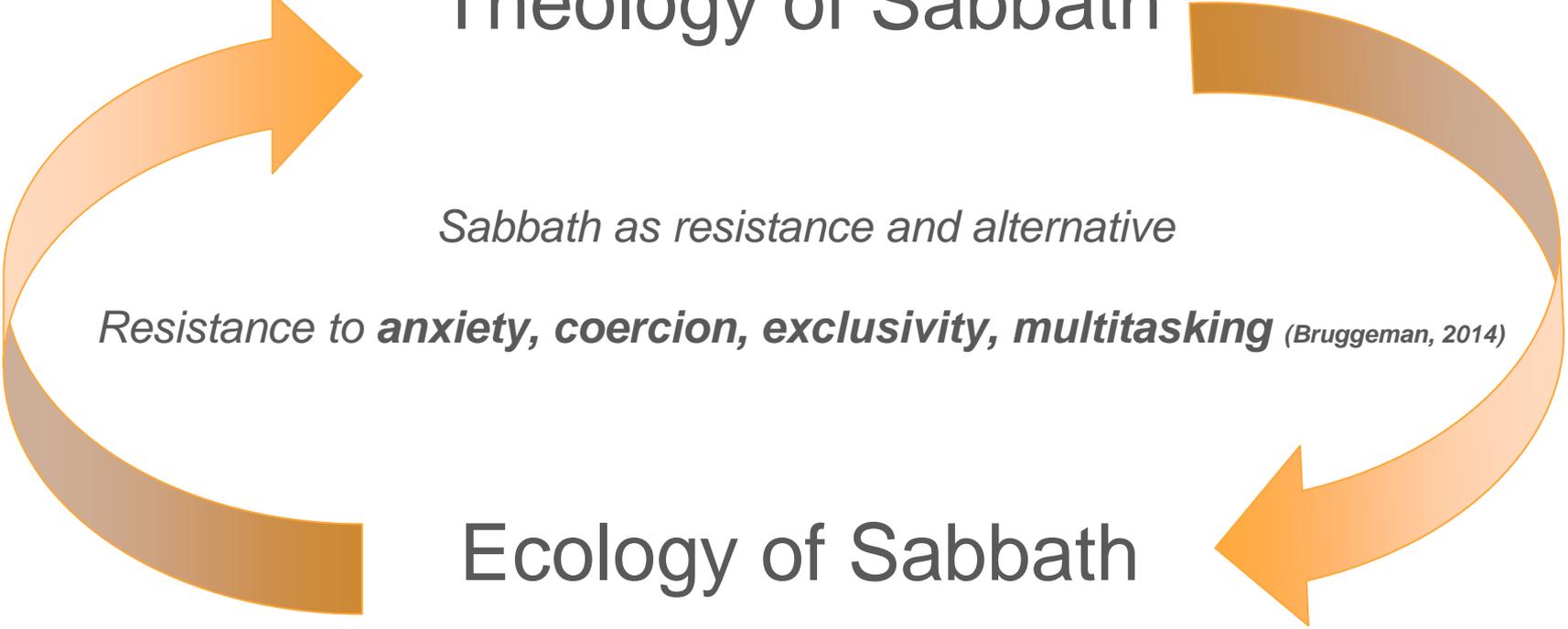
# The *theology* and *ecology* of Sabbath

Theology of Sabbath

*Sabbath as resistance and alternative*

*Resistance to **anxiety, coercion, exclusivity, multitasking** (Bruggeman, 2014)*

Ecology of Sabbath



“The conclusion affirmed by the narrative is that wherever YHWH governs as an alternative to Pharaoh, there the restfulness of YHWH effectively counters the restless anxiety of Pharaoh. In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both *resistance* and *alternative*.

Cultivating compassion  
through  
Sabbath-keeping



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