

Sabbath: Rest and Resistance

Keisha E. McKenzie | April 22, 2017 @ CityLights Community, NYC

“The Lord our God made a covenant with us at Horeb. It was not with our ancestors that the Lord made this covenant, but with us, with all of us who are alive here today... ‘Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.” —Deuteronomy 5: 2-3, 12-15

“The God who rests is the God who emancipates from slavery and consequently from the work system of Egypt and from the gods of Egypt who require and legitimate that work system.” — Walter Brueggemann, Sabbath as Resistance

“Jesus, who resisted [the ‘heavy yoke’ of his contemporary society], offered an alternative life of discipleship... Discipleship may concern the love of God and the love of neighbor, practices readily alternative to ‘making it’ in the economic world of command performance... The God who rests [provides for] rest alongside the neighbor.” —Walter Brueggemann, Sabbath as Resistance

“True courage dwelleth closer to gentleness than to denunciation... let there be constant self-restraint.” —Ohio Yearly Meeting (Conservative Friends/Quakers)

“Without a deep, deep understanding of the sacredness of life, the fragility of each breath, we are lost.” —Chrystos, “No Rock Scorns Me as Whore” (in This Bridge Called My Back)

Resources

Walter Brueggemann. (2001). *The Prophetic Imagination* (2nd ed.). Fortress Press.

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M. Shawn Copeland. (2010). *Enfleshing Freedom: Body, Race, and Being*. Fortress Press.

Natasha Moore. (2014). “Recovering the Sabbath: Rest and the Culture of Work.” *ABC Religion and Ethics*.

Retrieved from <http://www.abc.net.au/religion/articles/2014/09/29/4096774.htm>

Cherríe Moraga and Gloria Anzaldúa (eds.). (2015) *This Bridge Called My Back: Writings By Radical Women of Color* (4th ed.). SUNY Press.

Umair Muhammad. (2014). *Confronting Injustice: Social Activism in the Age of Individualism*. Haymarket Books.

Wayne Muller. (1999). *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. Bantam.

Practicing Cycles of Production and Rest

These grids include six “production” blocks and one “rest” block. Use the grids to plan a cycle of “production” and “rest” practices for three areas of your life: professional, social/interpersonal, and wellness.

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Professional Practices of Production and Rest

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Social/Interpersonal Practices of Production and Rest

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Wellness Practices of Production and Rest