



March 1, 2017

Invitation to Sabbath

*“Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest.”*

As the season of Lent begins this week, I invite the community of the Hills Church to receive the gift of Sabbath. This invitation is for all who are weary, and for all who carry heavy burdens. This invitation is for all who feel overwhelmed, distracted, worried, or disconnected.

“Remember the Sabbath” is one of the ten commandments, but it might be better to think of Sabbath as a gift. Sabbath is a gift for you. Jesus taught that “the Sabbath was made for humankind, and not humankind for the Sabbath.”

Sabbath is a gift that needs to be recovered. To many of us, Sabbath seems outdated, legalistic, and impractical.

During the season of Lent, we will reflect on the practices of Sabbath and ask how we might recover Sabbath, whether for a whole day each week or in other ways. Sabbath will be the focus of Lenten preaching on Sundays, Voices from the Hills, weekly devotionals for all ages, and small group discussions in Lenten Spirituality groups.

Sabbath is a gift from God, for the people of God. I hope that we will help each other to receive it.

Peace,

Rev. Dr. Matthew Wooster
Senior Minister