

## **Stewardship of the Sabbath** by Simone Brosig, Ph.D.

For this column of Stewardship Sightings, I would like to draw your attention to stewardship of the Sabbath. After creating the earth and all that is in it in six days, God rested on the seventh day and admired the result of his labour. Without entering a discussion about the historical distinction between the day of rest (Saturday, in the Jewish tradition) and the day of worship (Sunday, in the Christian tradition), let us consider our stewardship of the Sabbath in a mainstream fashion, as taking time for both worship and rest.

Given the vagaries of modern schedules, not everyone can worship and rest on Sunday. While Sunday worship anchors our faith, Christ-centred rest can occur on any day. Adapt the ideas in this article in a way that is meaningful in your life.

The discipline of taking Sabbath is one powerful way of putting God first in your life. Deliberate Sabbath-taking cannot help but orient your life towards Christ and is a persuasive tool to evangelise families, friends, and the world towards a Gospel way of living.

### **Ideas for Sabbath-taking:**

1. Schedule your Sabbath. Try scheduling your week around your Sabbath rather than squeezing your Sabbath into your week.
2. Abstain from engaging in commercial activities (i.e. shopping) on Sunday. Just because the stores are open, doesn't mean you have to shop in them! Send the message that you are setting this day apart.
3. Instead of going out to a restaurant after church, consider sharing a meal at one another's home. Take turns hosting or organise a potluck so no one is overly burdened or worse yet is tempted to stay home to prepare the meal.
4. If your household has a constant backdrop of the television, try turning it off for the day.
5. Close the Lord's day and prepare for the week by starting the celebration of Sunday night Vespers (Evening Prayer II) at your parish.
6. If you aren't in the habit of doing daily spiritual reading, make the Sabbath the day you read the Scriptures for mass or some other spiritual text.
7. Use the time you don't spend shopping or watching television to talk with your loved ones, make visits, phone people long distance, or catch up on your correspondence.
8. If you find it difficult to exercise during the week, take some time on the Sabbath to get active.
9. Slow down: prepare a meal from scratch, enjoy nature, listen to some silence.
10. Attend mass!