

When was the last time you set aside one day a week for rest and delight?

*Wisdom has built her house,
she has hewn her seven pillars.
She has slaughtered her animals, she has mixed her wine,
she has also set her table.
She has sent out her servant-girls, she calls
from the highest places in the town,
“You that are simple, turn in here!”
To those without sense she says,
“Come, eat of my bread
and drink of the wine I have mixed.
Lay aside immaturity, and live, and walk in the way of insight.”*

Knowledge and insight or wisdom are not alike.

Or as the old story goes:

*There is a difference between knowledge and wisdom.
Knowledge is knowing that a tomato is a fruit not a vegetable.
Wisdom is knowing not to include it in a fruit salad.*

Knowledge tells us that rest is important, that we really should stop racing around at a hundred miles an hour, cramming as much into our days as we can—pushing ourselves on and on-- until we fall sick—and are *really* grateful to have a moment of guiltless sleeping, a couple of days of having to just rest.

When we *think*, we remember that God said, “One day a week-- remember to rest.” This was not a life-style suggestion, it was a commandment: rest is as important as not stealing, or murdering, or lying.

If you want further knowledge about this topic I can tell you that Sabbath wasn't originally developed as a time to be in church, to be still and to think about nothing but God. Sunday devotion in THAT sense, was initiated by Emperor Constantine in 321. His government enforced “Sabbath Keeping,” and church attendance became mandatory. It was a way to control of the populace.

But originally, the tablets were inscribed with “Remember the Sabbath Day and keep it holy.” Holy, then and now—means ‘set apart.’ So, that commandment-- in modern English-- would read: “remember the day of rest--and keep it set apart.” When Mosaic law prohibited work on the Sabbath- it was in reaction to the fact that Hebrews had been forced to work 7 days a week

for Pharaoh. So—in this new land, in this new community—they would work 6 days, and have a mandatory day of rest on the 7th.

And to make that really clear—and LAW--tasks such as plowing, reaping, threshing, and winnowing, were prohibited, as were grinding, sifting, kneading and baking. Spinning and weaving, hunting and slaughtering, building, hammering and transporting things—were also prohibited. No one would work. Not even the servants – or the animals. All God’s creatures need a day of rest each week.

Here ends the knowledge part of this sermon concerning rest and Sabbath.

Here comes the wisdom part:

If God were giving us the same commandment today and God IS: what are the things we do daily that make our lives so busy that God would prohibit on our day of rest? Errands, yard work, cleaning, working. God says leave one day a week for rest and delight. Every week.

By the way, the Chinese character for “busy” is constructed from two base characters: *heart* and *killing*.

I can’t tell you how often I hear people say: “I’m so busy.” Actually, I can’t tell you how often I say, “I’m so busy.”

Ask any motorcyclist here and they will tell you-- when you’re driving a bike at speed, even a small stone in the road can be a deadly threat. We are constantly running flat out and Wisdom asks us to slow down.

We humans consume things, people, information, time. We use them up. Then we throw them away. We are obsessed with finishing up something only to move on to the next thing as fast as we can. And it goes on day after day after day....

Wisdom has built a house, made a meal and served the wine. All she asks is that we sit still long enough to relish it, enjoy it, and let it feed our souls.

Wisdom asks us to step out of our busy busy lives, and remember who we are, remember that the world is full and we know more than we remember. Sabbath is a time for remembering what is sacred in life.

If you knew the value of your life you wouldn’t waste that day of rest.

When Jesus says “You are the light of the world, “ he is describing your unquenchable luminosity, that part of you within that is always alight with God. As a being born of God you

remain good and whole even though you may have experienced heartbreak or grief or wretchedness. You need rest, a time of reset yourself-- to remember that part of you and let it breathe.

It has been a particularly hectic week here at St. Thomas'. So perhaps all of us can aside 24 hours for rest and delight. It's a commandment.

Knowledge may ask: "why?" But Wisdom goes ahead and schedules it.

To those without sense Wisdom says,

"Come, eat of my bread

and drink of the wine I have mixed.

Lay aside busyness, and live, and walk in the way of Wisdom."

Amen.