

Breaking the Addiction to Busy, Pt. 2: Sabbath

Victory Life Church, Central — Sundays, February 16, 2025

Introduction: Unhurried Jesus

Our problem is not our schedule or to-do list, but a hurried soul.

“We...are distracting ourselves into **spiritual oblivion**... **Pathological busyness**, distraction, and restlessness are major blocks today within our spiritual lives.”¹ ~ Ronald Rolheiser

“Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.”² ~ Dallas Willard

Hurry and intimacy cannot coexist. You cannot be both *hurried* and *intimate*. You might be able to communicate or briefly connect, but you cannot develop the kind of intimacy that is loving and sacrificial in a relationship when we are always hurried in our souls and schedules.

“If the devil can’t make you sin, he’ll make you busy.” ~ Corrie ten Boom

Jesus’ “Great commandment” is love; love God and love others.³ *Hurry* and *love* are incompatible, they cannot exist simultaneously. Paul’s first definition of love is that it is “patient.” 1 Corinthians 13:4a (ESV) Love is patient... Our souls cannot be hurried and frenzied and yet patient towards people.

“God walks “slowly” because he is love. If he is not love, he would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is “slow” yet it is lord over all other speeds since it is the speed of love.”⁴ ~ Kosuke Koyama

Essentially, if you want to follow the unhurried Jesus, learning from him how to be more loving, especially to the people closest to us, we have to slow down, be less busy, and live unhurried ourselves, all while depending on Jesus for his grace.

It’s hard to be hurried and follow the unhurried Jesus.

Practices to Unhurry our Lives

How do we slow our lives down when everything in the world is conspiring to speed them up? The answer is not “more time.” There is no such thing. We all get the same 24 hours each day.

“The solution to an over-busy life is not more time.”⁵ ~ John Mark Comer

Matthew 11:28–30 (NLT) 28 Then Jesus said, “**Come to me**, all of you who are weary and carry heavy burdens, and I will give you rest. 29 **Take my yoke** upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”

The key is not more time to fill it with more of the same. Jesus' promise to give us "rest for our souls" is connected to "coming to him" and "taking his yoke." His promise is that his yoke is easy and the burden that comes with it is light.

"A yoke is a work instrument. Thus when Jesus offers a yoke, he offers what we might think tired workers need least. They need a mattress or a vacation, not a yoke. But Jesus realizes that the most restful gift he can give the tired is **a new way to carry life**, a fresh way to bear responsibilities... Realism sees that life is a succession of burdens; we cannot get away from them; that **instead of offering escape, Jesus offers equipment**. Jesus means that obedience to his sermon on the mount [his yoke] will develop in us a balance and a 'way' of carrying life that will give more rest than the way we have been living."⁶ ~ Fredrick Dale Bruner

The key is not "escape" from life's burdens and responsibilities, nor is it "more time." The key is coming to Jesus and taking his yoke, bearing the load of life's burden connected with him in a way that equips us to be able to bear them without the need for escape.

"[The] **secret** of the easy yoke... involves living as [Jesus] lived in the **entirety** of his life—adopting his overall life-style... Our mistake is to think that following Jesus consists in loving our enemies, going the 'second mile,' turning the other cheek, suffering patiently and hopefully—while living the rest of our lives just as everyone else around us does... It's a strategy bound to fail."⁷ ~ Dallas Willard

Jeremiah 6:16 (ESV)¹⁶ *Thus says the Lord: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls..."*

"If you want to experience the *life* of Jesus, you have to adopt his *lifestyle*."⁸

To take Jesus's yoke is to live our overall *lifestyles* in alignment with his way, while also living with an intimate and personal connection with him. This is the role of "spiritual disciplines." Spiritual disciplines are not "righteousness," in that they do not make us more holy in and of themselves. They are "wisdom." Spiritual disciplines are lifestyle habits that orient our lives around the person and presence of Jesus. When engaged with correctly, they enable us to access Jesus' grace that helps us live each day in accordance to his power and his will.

"The disciplines are activities of mind and body, purposefully undertaken, to bring our personality and total being into effective cooperation with the divine order. They enable us more and more to live in a power that is, strictly speaking, beyond us, arriving from the spiritual round itself."⁹ ~ Dallas Willard

Spiritual Disciplines that help us slow our lives down:

Unhurried Habits: **Sabbath — Simplicity — Silence & Solitude**

"Most of us have more than enough time to work with, even in busy seasons of life. We just have to re-allocate our time to 'seek first the kingdom of God,' not the kingdom of entertainment."¹⁰ ~ John Mark Comer

Sabbath

God created the world with a sense of rhythm. Life and health all have rhythm to them. The natural rhythm of the world is [6+1], found in Genesis 1 and 2.

Genesis 2:2–3 (ESV)² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

“The Sabbath thus becomes the day for humanity to enjoy its privileged status of being created in God’s image. As later Sabbath legislation would indicate (Ex 20:8-11), the image of God is for the sake of the imitation of God (i.e. keeping the Sabbath holy), and the imitation of God is for the sake of Sabbath union with God.”¹¹

Theology of Sabbath **Principle of Sabbath** **Practice of Sabbath**

This is a large and divisive topic among Christians. A lot of Bible-believing, Jesus-loving Christians believe differently about the role of the Sabbath and the practice of it. Some are very hard-lined about it and others nearly disregard it. It’s a challenge to walk a balanced line on this subject. Large volumes of books have been written on it, and it’s foolish to think one message can cover every aspect of something so big and so divisive as the Sabbath. The most important groundwork for our purposes in this message is this: we are not saved or made righteous before God based on any works of the flesh, but on faith in Jesus and what he has done for us in his life, death, and resurrection.¹² There is no law or rule that we could keep that makes us more righteous and holy before a holy God. Our only approach to God’s presence is based entirely on our faith in Jesus. Therefore, Sabbath-keeping or “Sabbath-breaking” does not change our standing or status before God. This subject is not a matter of righteousness, but it is a matter of wisdom.

► **Theological Sabbath — (Type and Shadow of) Jesus**¹³

Much can be said here, and one small section is not enough to develop this out fully. The most essential aspect of this is that all of the laws and instructions of the Old Testament and the Torah were types and shadows of a greater reality. That reality is Jesus himself.

Mark 2:28 (NLT) So the Son of Man is Lord, even over the Sabbath!”

Colossians 2:16–17 (NLT)¹⁶ So don’t let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. ¹⁷ For these rules are only shadows of the reality yet to come. And **Christ himself is that reality.**

“You have made us for Yourself, and our hearts are restless until they find their rest in You.”¹⁴ ~ St. Augustine

“Sabbath is the primary discipline, or practice, by which we cultivate the spirit of restfulness in our life as a whole.”¹⁵ ~ John Mark Comer

Hebrews 4:9–10 (ESV)⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God’s rest has also rested from his works as God did from his.

Our own works of the flesh (including Sabbath-keeping) do not provide the “rest for our souls,” Jesus does. We cease our striving and rest in God when we recognize that what Jesus has done for us is what has brought us peace and rest and righteousness before God. The Sabbath day, and the laws that accompany it, were merely signposts (types and shadows) of the reality of Jesus. Our faith and trust in him is what gives us “God’s rest.”

▶ Principle of Sabbath — (Saturday — Sunday) The Day

Deuteronomy 5:12–15 (ESV)¹² “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. ¹³ **Six days you shall labor and do all your work,** ¹⁴ but **the seventh day is a Sabbath to the Lord your God.** On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ You shall 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.

The key principle of the Sabbath day is “Six days you...shall do all your work, but the seventh day is a Sabbath to the Lord.” For Israel, under that covenant, the six days were Sunday through Friday and the Saturday was the Sabbath. For many Christians, over the years of Christian history, the Sabbath day shifted to Sunday, “the Lord’s Day,” signifying the importance of Jesus’ resurrection on the first day of the week. The “principle of Sabbath” is in six days, all the work was to be done, then the seventh day was rest.

“To remember the Sabbath is not a burdensome requirement... But rather a remembrance of a law that is firmly embedded in the fabric of nature. It is a reminder of how things really are, the rhythmic dance to which we unavoidably belong.”¹⁶ ~ Wayne Muller

We are not under the law anymore. There may be some practical value in Saturday being the Sabbath, or approaching Sunday as the Sabbath. It seems as though that remains what makes the most sense. But the principle is not Saturday or Sunday is the Sabbath. The “principle” of the Sabbath is “six days do all your work, and on the seventh, rest.” Here is the key to this principle: it is a “Sabbath unto the Lord.” The seventh day is not a day off, per se. It is a rest “unto the Lord.”

Romans 14:4–6 (NLT)⁴ Who are you to condemn someone else’s servants? Their own master will judge whether they stand or fall. And with the Lord’s help, they will stand and receive his approval. ⁵ In the same way, **some think one day is more holy than another day,** while others think **every day is alike.** You should each be **fully convinced** that whichever day you choose is acceptable. ⁶ Those who worship the Lord on a special day do it to **honor him.** *Those who eat any kind of food do so to honor the Lord, since they give thanks*

to God before eating. And those who refuse to eat certain foods also want to please the Lord and give thanks to God.

Regardless of what specific day the Sabbath becomes for you, what makes it holy is not the designated 24 hour time span. What makes it holy is that you specifically give it to the Lord as worship to honor him.

► **Practice of Sabbath — Sabbath was made for man**

Exodus 20:8–11 (ESV)⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is **a Sabbath to the Lord** your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord **blessed** the Sabbath day and made it holy.

Building on the principle of Sabbath, actually practicing Sabbath should become a joy and delight rather than a dour, rule-following endeavor. This day is a gift from the Lord and it is blessed, in the same way animals and people were “blessed” in Genesis 1. Fruitfulness is a result of being blessed. God makes the Sabbath day “fruitful” for us, not “anti-productive.”

Mark 2:27–28 (NLT)²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath!”

The point of Sabbath is to honor our need for a sane rhythm of work and rest. God is the only one who is infinite; we are finite creatures. We are dust, God-breathed, yes, but dust nonetheless; which means that we live within physical limits of time and space and bodily limits of strength and energy. There are limits to my capacities relationally, emotionally, mentally, and spiritually.¹⁷

Andrew Sullivan, New York Times Magazine, “I Used to Be A Human Being”:

“That Judeo-Christian tradition recognized a critical distinction — and tension — between noise and silence, between getting through the day and getting a grip on one’s whole life. The Sabbath — the Jewish institution co-opted by Christianity — was a collective imposition of relative silence, a moment of calm to reflect on our lives under the light of eternity. It helped define much of Western public life once a week for centuries — only to dissipate, with scarcely a passing regret, into the commercial cacophony of the past couple of decades. It reflected a now-battered belief that a sustained spiritual life is simply unfeasible for most mortals without these refuges from noise and work to buffer us and remind us who we really are.”¹⁸

It is an exercise of humility and trust to practice the Sabbath. Practicing Sabbath helps us to live within limits, because on the sabbath, in many different ways, we allow ourselves to be the creature in the presence of our eternal and infinite Creator.

Practice of Sabbath

Jeremiah 17:22–24 (MSG) ²² Don't use the Sabbath to do business as usual. Keep the Sabbath day holy, as I commanded your ancestors. ²³ They never did it, as you know. They paid no attention to what I said and went about their own business, refusing to be guided or instructed by me. ²⁴ "But now, take seriously what I tell you. Quit desecrating the Sabbath by busily going about your own work, and keep the Sabbath day holy by not doing business as usual."¹⁹

Sabbath keeping is more than just taking a day of rest; it is a way of ordering one's life around a pattern of working six days and then resting on the seventh. It is a way of arranging our life to honor the rhythm of things—work and rest, fruitfulness and dormancy, giving and receiving, being and doing.²⁰



It might have been subtle at first, eradicating a Sabbath rhythm to life. Maybe there were pure motives in spiritual leaders wanting to liberate the church out of dead legalism of Sabbath-keeping. In no way would I advocate coming back under legalism, in all of its soul-crushing moralism and hypocrisy. But we have to ask ourselves, have we become more like Jesus or more like the world when we don't practice a Sabbath rhythm?

Romans 12:2 (NLT)² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Americans "work longer hours, have shorter vacations, get less in unemployment, disability, and retirement benefits, and retire later, than people in comparably rich societies."²¹ ~ Samuel P. Huntington

"[Sabbath] has largely been forgotten by the church, which has uncritically mimicked the rhythms of the industrial and success-obsessed West. The result? Our road-weary, exhausted churches have largely failed to integrate Sabbath into their lives as vital elements of Christian discipleship. It is not as though we do not love God—we love God deeply. We just do not know how to sit with God anymore...The result of our Sabbath amnesia is that we have become perhaps the most emotionally exhausted, psychologically overworked, spiritually malnourished people in history." ~ A.J. Swaboda²²

I think this captures the result of no longer practicing the Sabbath in our churches. In no way does keeping the Sabbath make us holy. But it did make the "Top 10" in the law for a reason. The fourth commandment takes up more than a quarter of the word count of the Ten Commandments. It is still a good idea to not worship idols, murder, lie, steal, or covet. I think it is still a good idea to put the rhythm of creation back into our approach to work and rest on a weekly basis.

Practical Steps to Practicing the Sabbath:²³

Stop work, enjoy Rest, practice Delight, and Contemplate God
Stop — Rest — Delight — Contemplate²⁴

► Stop

The heart of the Sabbath is that we cease our work to rest and delight in God and his goodness. Sabbath (Hebrew: “*Shabbot*”) is a word that literally means “to stop.” The Sabbath is simply a day to stop: stop working, stop striving, just stop!

Most of us can’t stop until we are finished with whatever it is we think we need to do. We feel that we must complete our work projects or school papers, answer e-mails, return all phone and text messages, complete the balancing of our budgets to pay our bills, or finish cleaning the house and its (never-ending) chore list. There’s always one more goal, one more task, one more action to be reached before stopping. On the Sabbath, we embrace our limits. God is God. He is indispensable. We are his creatures. The world continues working fine when we stop. We stop on Sabbaths because God is on the throne, assuring us the world will not fall apart if we cease our activities.

Until the resurrection and eternity, our lives are an unfinished work. After we accomplish one goal, finish our project, or check off the last action item from the task list, we are immediately confronted with new tasks, opportunities, and challenges. To be blunt, ultimately, we will die with countless amounts of unfinished projects and goals, and that’s okay.

God is at work taking care of the universe. He manages quite well without us having to run things. When we are resting, he is working. There is only one who “neither slumbers nor sleeps.” (Psalm 121:4) So he commands us to rest and to enjoy the reality that we are not in charge of his world. Every Sabbath reminds us to “be still and know that [He] is God” (Psalm 46:10) and to stop worrying about tomorrow (see Matthew 6:25-33).

The core spiritual issue in stopping revolves around trust. Will God take care of us and our concerns if we stop to keep the Sabbath? The core practical issue is ensuring we work the other six days well and intentionally plan to stop.

What activities constitute “work” (paid or unpaid) that I will refuse to edge in so that it is truly a day of rest, worship, and delight?

► Rest

What do we do to replace all we are now stopping during Sabbath? The answer is simply this: whatever delights and replenishes you. This may include napping, working out, going for long walks, reading a novel, watching a good movie, going out for dinner. It may require you to avoid your phones or technologies that suck you into non-restful states.

To enjoy Sabbath rest, though, requires planning and utilizing the rest of the week to do the tasks of life that consume our energy or fill us with worry. Planning the week, paying bills,

balancing the budget, cleaning the house, fighting traffic or crowds to shop, doing loads of never-ending laundry are constituting work that need to be done different days of the week.

Here are a few possibilities to consider replacing with rest. The primary one is rest from work (paid or unpaid). You may want to consider picking one or two of the others over the next couple of months in order to develop the practice of Sabbath-keeping:

Work, physical exhaustion, hurriedness, multitasking, competitiveness, worry, decision-making, catching up on errands, talking, technology

“We are restful when ordinary life is enough.”²⁵ ~ Ronald Rolheiser

We are not nonstop human beings. We must respect our limits as finite creatures. But remember, we don’t serve the Sabbath. The Sabbath serves us.

What activities (or non-activities) give you rest and replenish your energy?

What activities drain your energy that you need to refrain from in order to rest?

► **Delight**

God, after finishing his work of creation, proclaimed that “It was very good” (Genesis 1:31). God delighted over his creation. This communicates a sense of joy, completion, wonder, and play. This is particularly radical in a culture like ours, both secular and Christian, that is “delight deficient.” Most of us struggle with receiving joy and pleasure.

On Sabbaths we are called to enjoy and delight in creation and its gifts. We are to slow down and pay attention to our lives, families and friends, our senses, and the world. We are to slow down and enjoy life, have fun, play (if you even remember what that is)! This may need to be distinguished from entertainment at times. Entertainment may be a delight, but it also may be an escape. We are not to simply escape on the Sabbath, but to be in child-like wonder and play.

What could you do for twenty-four hours that would fill your soul with a deep, throbbing joy?
What kind of activities bring you delight, and how could you incorporate them?

► **Contemplate**

The Sabbath is always “holy to the Lord” (Exodus 31:15). Pondering the love of God remains the central focus of our Sabbaths. Throughout Jewish and Christian history, Sabbath has included worship with God’s people where we feast on his presence, the reading and study of Scripture, and silence. For this reason, Sundays still remain the ideal time for Sabbath-keeping whenever possible.

“Sabbath is not primarily about us or how it benefits us; it is about God and how God forms us. . . I don’t see any way out of it; if we are going to live appropriately in the creation we must keep the Sabbath.”²⁶ ~ Eugene Peterson

“Because the Sabbath isn't just a twenty-four-hour time slot in your weekly schedule; it's a *spirit* of restfulness that goes with you throughout your week. A way of living with ‘ease, gratitude, appreciation, peace, and prayer.’ A way of working from rest, not for rest, with nothing to prove. A way of bearing fruit from abiding, not ambition.”²⁷ ~ John Mark Comer

► The Day of Preparation

To maximize the beauty of Sabbath and foster the habits of “stop, rest, delight, and contemplate,” you will need to prepare in advance how to do this well. Jewish people traditionally had Friday set aside as a Day of Preparation for the Sabbath. There was food to buy and prepare, clothes to wash, and final preparations to be made.

What will it mean to prepare yourself for worship, to receive the Word of God? What time do you need to go to bed the night before? When might you have times of silence and solitude or prayer during the day? What final items do you need to resolve so you can have an uncluttered Sabbath?

There are a wide variety of Sabbath possibilities. It is vitally important you keep in mind your unique life situation as you work out these four principles of Sabbath keeping into your life. Experiment. Make a plan. Follow it for one to two months. Then reflect back on what changes you would like to make. There is no one right way that works for every person.

When I discuss this with people, one thing that pops up for many people is a sense of guilt. You feel guilty taking a Sabbath. We don't convenience ourselves at the expense of others.²⁸ In marriage, talk this through and plan this together as a team. Do not be a slave to unreasonable expectations. Do let the expectation of perfection keep you from trying and experimenting. It may require better planning, better communication and collaboration, sacrificial service. Whatever it takes, find a way to get started and have grace for yourselves and others. If Sabbath-keeping requires another person to be on the same page, communicate with clarity, honesty, and humility, being willing to serve one another.

Sabbath is like receiving the gift of a heavy snow day every week. Stores are closed. Roads are impassable. Suddenly you have the gift of a day to do whatever you want. You don't have any obligations, pressures, or responsibilities. You have permission to play, be with friends, take a nap, read a good book. Few of us would give ourselves a “no obligation day” very often. God does—every seventh day. God is giving you permission. Give it a try.

Conclusion

2 Chronicles 36:20–21 (ESV)²⁰ He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, ²¹ to fulfill the word of the Lord by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath - our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.”²⁹ ~ Wayne Muller

Recommended Reading

Emotionally Healthy Spirituality, by Pete Scazzero

The Emotionally Healthy Leader, by Pete Scazzero

Sacred Rhythms: Arranging Our Lives for Spiritual Transformation, by Ruth Haley Barton

Embracing Rhythms of Word and Rest, by Ruth Haley Barton

Sabbath, by Wayne Muller

The Sabbath, Abraham Joshua Heschel

Subversive Sabbath, A.J. Swoboda

To Hell with the Hustle, by Jefferson Bethke

¹ Ronald Rolheiser. *The Holy Longing: The Search for a Christian Spirituality*. Doubleday, 1999. p. 32-33

² Dallas Willard, cited in “Soul Keeping” by John Ortberg, p. 20.

³ Matthew 22:36-40, Mark 10:29-31

⁴ Kosuke Koyama, “Three Mile an Hour God”, p. 7

⁵ John Mark Comer. *The Ruthless Elimination of Hurry*. Crown Publishing Group, 2019. p. 62

⁶ Frederick Dale Bruner. *Matthew: A Commentary, Volume 1: The Christbook, Matthew 1-12*. Grand Rapids, MI: Zondervan. 2014. p. 538

⁷ Dallas Willard. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: HarperCollins. 1988. p. 5.

⁸ John Mark Comer. *The Ruthless Elimination of Hurry*. p. 82

⁹ Dallas Willard. *The Spirit of the Disciplines: Understanding How God Changes Lives*. New York: HarperCollins. 1988. p. 68

¹⁰ John Mark Comer. *The Ruthless Elimination of Hurry*. p. 96

¹¹ L. Michael Morales, *Who Shall Ascend the Mountain of the Lord?*, p. 48

¹² Romans 1:16-17

¹³ For a fuller treatment of “Jesus, our Sabbath Rest”, listen to Pastor Duane’s message, “The Sabbath Rest”, found here: <https://pastorduane.com/messages/all-messages/?sapurl=LyttdjZ0L21lZGlhL21pLyt3enl2ZDZ2P2VtYmVkPXRydWUmcmVjZW50Um91dGU9YXBwLndiYi1hcHAubGlicmFyeS5saXN0JnJlY2VudFJvdXRlU2x1Zz0lMkJKcHpwODRz>

¹⁴ Augustine, St. *Confessions*. Translated by Henry Chadwick, Oxford University Press, 1991, p. 1

¹⁵ John Mark Comer. *The Ruthless Elimination of Hurry*. p. 150

¹⁶ Wayne Muller. *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. Riverhead Books, 1999. p. 69

¹⁷ Ruth Haley Barton. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. p. 137-138

¹⁸ Andrew Sullivan. *I Used to Be A Human Being*. New York Times Magazine. September 19, 2016. <https://nymag.com/intelligencer/2016/09/andrew-sullivan-my-distraction-sickness-and-yours.html>. Accessed 02.04.2025.

¹⁹ Read the whole section, Jeremiah 17:21-27, in the Message Bible. It’s intense and serious.

²⁰ Ruth Haley Barton. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. p. 134

²¹ Cited in Derek Thompson. "Workism Is Making Americans Miserable". *The Atlantic*. February 24, 2019. <https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/>. Accessed 02-04-25.

²² A.J. Swoboda. *Subversive Sabbath: The Surprising Power of Rest in a Nonstop World*. Brazos Press, 2019. p. 5

²³ This great framework is set forth by Pete Scazzero in his books *Emotionally Healthy Spirituality* (p. 153-160

²⁴ A helpful download from Pete Scazzero can be found here: <https://www.emotionallyhealthy.org/wp-content/uploads/2018/03/sabbath-booklet.pdf>

²⁵ Ronald Rolheiser. *The Shattered Lantern: Rediscovering a Felt Presence of God*. New York: Crossroad. 2005.

²⁶ Eugene Peterson. *Christ Plays in Ten Thousand Places: A Conversation in Spiritual Theology* (Grand Rapids: Eerdmans, 2005). pp. 116-118.

²⁷ JMC. p. 172

²⁸ The Sabbath was a great equalizer in the Scriptures. Everyone, even the servants of the house and the animals in the barn, stopped and rested on the Sabbath. See Exodus 20:9-10 and Deuteronomy 5:13-14.

²⁹ Wayne Muller. *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*. Riverhead Books, 1999, p. 148.