**Proverbs 9:1-6**

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."

**Psalm 34:9-14**

9 Fear the LORD, you that are his saints,
for those who fear him lack nothing.

10 The young lions lack and suffer hunger,
but those who seek the LORD lack nothing that is good.

11 Come, children, and listen to me;
I will teach you the fear of the LORD.

12 Who among you loves life
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking
and your lips from lying words.

14 Turn from evil and do good;
seek peace and pursue it.

**Ephesians 5:15-20**

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

**John 6:51-58**

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

\* \*

Sabbath is not dependent upon our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop.

Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop--because our work is never completely done. With every accomplishment there arises a new responsibility.

Every swept floor invites another sweeping, every child bathed invites another bathing. When all life moves in such cycles, what is ever finished?

The sun goes 'round, the moon goes 'round, the tides and seasons go 'round, people are born and die, and when are we finished? If we refuse rest until we are finished, we will never rest until we die.

Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished.

 **-** Wayne Muller, *Sabbath, Restoring the Sacred Rhythm of Rest*