

## E-Series Sabbath



**1** Thus the heavens and the earth were completed in all their vast array. **2** By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. **3** And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. —**Genesis 2:1-3**

---

Last week I was blessed to be on a little piece of paradise. Daufuskie Island is a small island off the coast of Hilton Head, across the Calibogue Sound from Harbour Town. You can't get there by car. A ferry is the only transport to the secluded, tranquility and beauty that is Daufuskie Island.

Many of you might know Daufuskie as the setting of Pat Conroy's *The Water is Wide*. While, in the book, Conroy calls the island Yamacraw, it is none other than Daufuskie. To this day, you can visit the two room school where he taught.

For me, however, Daufuskie means more than beauty. It means Sabbath. Great and generous friends have allowed us to use their beach house there on several occasions, and, in my mind, that house is like a battery charger. I go, plug in, recharge, relax, rest, recreate and allow God to re-create me.

When God created the world, there was a rhythm to his work. For six days, there was the labor of creation. Then, there was rest. If God needs to rest, how much more do we? Yet, our culture pushes us to go, go, go, do, do, do, and cram more and more into our lives. Apart from taking a toll on us physically with high blood pressure and heart attacks, this takes a toll on us spiritually. In fact, some have suggested that, at the heart of such a frantic pace, is the sin of idolatry. When we don't take the necessary time for rest and recreation, it is like saying to God, "God, I don't really trust you enough to keep my world together long enough for me to rest. If I stop, everything might fall apart. Everything depends on me."

Of course, in our minds we recognize this to be false, but with our actions...

I was talking to someone today who told me about how they were exhausted, worn out, tired. But, they said, "I have so many things to do. I can't rest. I've got to get these things done." I know this person thought I was crazy when I said, "What are you?" The response was, "What do you mean?" I said, "Well, what are you? Are you a plant? An animal? What?" Sheepishly they said, "I'm a human." I asked, "A human what?" "A human being."

"Exactly," I said. "You are a human being. Not a human doing." Sometimes we need simply to be.

Psalm 46:10 and following says, "'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" **11** The Lord Almighty is with us; the God of Jacob is our fortress."

Where do you find Sabbath time in your life, time to rest and be still? I promise the world won't fall apart if you do. And, what I have found this past week is that I have more energy to bring back to the things I need to do after rest. I can get more done in less time. Have you plugged into your battery charger lately?

Recharged,  
Pastor Michael

