



SHARING SCRIPTURE

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Living in a 24-7 Society

For use: June 27 - July 3

Texts: Genesis 2:1-3, Jeremiah 45:1-5, Exodus 20:11, 2 Samuel 7:12, Mark 6:30-32, Genesis 4:1-17

The three-day weekend is now a reality for Meg Trowbridge and the rest of her colleagues at Mozilla. Mozilla employees are also enjoying a “Wellness Week” leading up to this weekend’s Independence Day celebration in the U.S. [1]

Mozilla is not alone in offering its employees structured time off to recuperate from an exhaustive pandemic and to avoid burnout.

The Washington Post quotes Versus System founder Matthew Pierce, who offered companywide days off during part of 2020, explaining that, “We’ve always had very flexible hours and encouraged vacations and time off for mental health because those things are important. But early in the pandemic, we realized people needed more -- something structural that they didn’t have to ask for.”

As a result, employees of these organizations have reported feeling more relieved and more productive.

God also offers us a day of rest from all that the world has to throw at us. This day is the Sabbath, the 7th day of the week set aside for remembering that God also rested on this day after Creation week, and for remembering how God has and continues pulling us out of turmoil. Unfortunately, we can get so caught up in our work and the happenings of the world that we forget to take advantage of this gift God provides.

Just as Jeremiah reminded Baruch that he was tiring himself in his pursuit of his own gratification, but that God would be there to offer rest and comfort ([Jeremiah 45:1-5](#)), we too often need these wake-up calls. Fortunately, business managers are beginning to recognize the benefits of following it. And

we will be even more well-off to heed the call and embrace the weekly day of rest that's been instituted since Creation.

~Stefani Leeper

[1] <https://www.washingtonpost.com/business/2021/06/28/employee-burnout-corporate-america/>

Photo Credit: <https://bensonbaptist.org/zoom/>

For Reflection

Connecting: The Sabbath is a time for rest, connecting deeper with God, and for deliverance from turmoil. What is a recent example in which you've seen God answering your prayer(s) on or through the Sabbath?

Sharing: The Sabbath was instituted before Adam and Eve committed the first sin. Why would the Sabbath exist before people could feel the effects of sin and mortality?

1. To reflect on the Creator and creation
2. God knew we would need it once sin entered the world
3. Tiredness predates sin, it is not a result of sin
4. The Sabbath enabled the earth to repopulate the fruits and vegetables that the first humans harnessed
5. I don't know
6. Other:

Applying: Sabbath is, unfortunately, not always the most restful day for our pastors, church staff, and even some of us. What are some ways that we can help our church leaders and those of us feeling socially exhausted avoid burnout on the Sabbath?

Valuing: Do you find yourself anxiously waiting for Sabbath to be over so you can finish a project you need to get done? Pray that God not only rests your body but also your mind during the Sabbath so that you may reap its benefits.

Other Helpful Resources

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Three decades ago, we created this resource for small groups and Sabbath school classes, and it continues to bless so many people worldwide. Thank you for your continued interest in these biblical themes and what they mean to your life and those people with whom you share it.

Paul Richardson
Executive Director

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