

# Sabbath and Creation

## 2020 Season of Creation Week One

### The Exodus: A Journey from Slavery to Freedom

- Frequent reminders of God's liberation of the Hebrew people from slavery (See Exodus 20:2; Lv 26:13; Ps 81:11)
- Rules to live by as a people and in a new land
- Blessings of obedience to God's laws (See Lv 26:3-6)



*If you live in accordance with my statutes and are careful to observe my commandments I will give you your rains in due season, so that the land will yield its crops, and the trees their fruit; your threshing will last till vintage time, and your vintage till the time for sowing, and you will eat your fill of food, and live securely in your land.*  
- Leviticus 26:3-5

### Sabbath Rest: Keeping the Lord's Day

*Remember the sabbath day—keep it holy. Six days you may labor and do all your work, but the seventh day is a sabbath of the LORD your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your work animal, or the resident alien within your gates. For in six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the LORD has blessed the sabbath day and made it holy.*

- Exodus 20:8-11

**Further Reading:** Pope Francis on the Season of Creation 2020,  
(especially #3) ; Laudato Si' #233-237

### Questions for Reflection:

- 1) How can we better appreciate God's creation during our moments of rest?
- 2) What are some of the biggest obstacles to taking time for deep rest every week?
- 3) Did you find anything surprising or particularly meaningful from the Pope's reflections on the Eucharist, rest, and caring for the environment in *Laudato Si'*?



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## The Sabbatical Year

*The LORD said to Moses on Mount Sinai: Speak to the Israelites and tell them: When you enter the land that I am giving you, let the land, too, keep a sabbath for the LORD. For six years you may sow your field, and for six years prune your vineyard, gathering in their produce. But during the seventh year the land shall have a sabbath of complete rest, a sabbath for the LORD, when you may neither sow your field nor prune your vineyard. The aftergrowth of your harvest you shall not reap, nor shall you pick the grapes of your untrimmed vines. It shall be a year of rest for the land. While the land has its sabbath, all its produce will be food to eat for you yourself and for your male and female slave, for your laborer and the tenant who live with you, and likewise for your livestock and for the wild animals on your land.*

- Leviticus 25:1-7

### Further Reading: Laudato Si' #65-75, especially #71

#### Questions for Reflection:

- 1) What are some lessons we have learned from our collective loss of productivity during this pandemic year?
- 2) How are we being called to live more simply during this time?
- 3) How can we renew and restore our relationships with those in need?

#### Closing Prayer: Psalm 95

Come, let us sing joyfully to the LORD;  
cry out to the rock of our salvation.

Let us come before him with a song of praise,  
joyfully sing out our psalms.

For the LORD is the great God,  
the great king over all gods,

Whose hand holds the depths of the earth;  
who owns the tops of the mountains.

The sea and dry land belong to God,  
who made them, formed them by hand.

Enter, let us bow down in worship;  
let us kneel before the LORD who made us.

For he is our God,  
we are the people he shepherds,  
the sheep in his hands.



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