



## Grain

Observing the Sabbath was the first labor law. Paraphrase of Rev. Dr. Rolf Jacobson at Festival of Homiletics

### Field

“23 One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. 24 The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” 25 And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food?... 27 Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; 28 so the Son of Man is lord even of the sabbath.”

3:4 Then he said to them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. 5 He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.”  
Mark 2:23-25 & 27-28; 3:4-6

### Thoughts

Take good care, dear advocates. Our brains literally need rest to function, and we have a holy labor law in Deuteronomy 5:12-15 to help us with that: “Observe the Sabbath day and keep it holy...” Our observance includes recalling that our God is the God of the Exodus, the One who sent Jesus and the Advocate (the Holy Spirit) to us. We are God’s beloved even when we feel disconnected and unlovable. Sinking into remembrance of our belonging in God’s history is a gift we create space for; it is part of our rest.

Who gets to observe the Sabbath? If you open to the Deuteronomy text, you’ll see a whole slew of folks listed in the commandment, emphasizing that rest is for us all. I like protective laws that enumerate groups just in case we get creative with or forgetful about who is included in “all.” Today, many labor at low wages without much time to find respite so they can make ends meet; and some still don’t have enough. Jesus recognized people’s unrest in being hungry or not well enough to work to support their families. The Sabbath wasn’t intended to be a ritual that replaced the command to love our neighbors and our communities. Perhaps the Sabbath and other rituals need to be interrupted sometimes to remind us of what sort of God we serve, within this land in which so many in power have waged a war against people poverty, gnawing at their rest.

Take good care, dear advocates. We are all beloved. Happy Monday!

### Prayer

Highly Recommended

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Many blessings upon you,

Pastor Cindy