

**The Chapel Family Bible Reading Program – July 8<sup>th</sup> – 13<sup>th</sup>**  
***Doing Life Together – Doing Life Together***

**MONDAY:**

**KEY VERSE:** Exodus 20:8-11

**OBSERVATION:** Sabbath is a discipline and practice in which we ask, consider, and answer the questions that will lead us into a complete and joyful life. As such, the Sabbath is a teaching that has the potential to redirect and transform all our existence, bringing it into more faithful alignment with God's life-building and life-strengthening ways. (Norman Wirzba)

**TUESDAY:**

**KEY VERSE:** Colossians 2:16-17

**OBSERVATION:** Paul warned Gentile believers in Colossae not to let others force them to keep the Jewish Sabbath, since it is only a shadow of things to come, while the substance belongs to Christ (Colossians 2:16-17). Apparently, he expected Jewish Christians to continue observing the Sabbath regulations, but he did not require the same of Gentiles who entered the church.

**WEDNESDAY:**

**KEY VERSE:** Deuteronomy 5:12-15

**OBSERVATION:** Much of modern life is specifically designed to seduce our attention away from Sabbath rest. When we are in the world with our eyes wide open, the seductions are insatiable. Hundreds of channels of cable and satellite television; phones with multiple lines and call-waiting, begging us to talk to more than one person at a time; mail, e-mail and overnight mail; fax machines; billboards; magazines; newspapers; radio. For those of us with children, there are endless soccer practices, baseball games, homework, laundry, housecleaning, errands

**THURSDAY:**

**KEY VERSE:** Ps. 127:2

**OBSERVATION:** Because we do not rest, we lose our way. We miss the compass points that show us where to go. We lose the nourishment that gives us succor. We miss the quiet that gives us wisdom. Poisoned by the hypnotic belief that good things come only through tireless effort, we never truly rest. And for want of rest, our lives are in danger.

**FRIDAY:**

**KEY VERSE:** Exodus 34:21

**OBSERVATION:** Rest is not just a psychological convenience; it is a spiritual and biological necessity. Perhaps this is why, in most spiritual traditions, "Remember the Sabbath" is more than simply a lifestyle suggestion. It is a commandment, an ethical precept as serious as prohibitions against killing, stealing and lying. How can forgetting the Sabbath—forgetting to be restful, sing songs and find nourishment and delight—possibly be morally and socially dangerous?

**SATURDAY:**

**KEY VERSE:** Matthew 11:28

**OBSERVATION:** I make a plea for renewed Sabbath-keeping. As a nation, we cannot live like this, endlessly rushing about in a desperate frenzy, never stopping to enjoy the blessings of family and friends, unable to taste the fruits of life. We can change society by beginning a quiet revolution of change in ourselves and our families. Let us take a collective breath, rest, pray, meditate, walk, sing, eat and take time to share the unhurried company of those we love. Let us, for just one day, cease our desperate striving for more, and instead taste the blessings we have already been given, and give thanks. Religious traditions agree on this: God does not want us to be exhausted; God wants us to be happy. And so let us remember the Sabbath