



## Foundation Stone #5: Re-Creation December 2005

### Practicing Re-Creation by Prioritizing a Sabbath's Rest

We live in an age of over commitment. Time for personal refueling is dreadfully insufficient for most. Time itself is a precious commodity. Because of life's hectic pace, carefully guarding your time can make the difference between surviving and thriving. This must be done intentionally and with planned forethought. Recreation (or as we say, *re-creation*) is necessary to "re-create" the very energy and vitality within you. The regular practice of re-creation is essential to long-term effectiveness in ministry. Without it, you'll likely flame out prematurely.

The need for re-creation finds its origin in the Creation story. God rested from His work (Genesis 2:2-3). His work was completed by the end of the sixth day. On the seventh day, He would rest. This is the pattern of God's creative activity. God blessed and set apart the seventh day on purpose. He designed it as a day different from the others. It wasn't that God needed rest. Rather, it was a demonstration to us about *our* need for such rest.

- ✓ **Re-Creation as Sacred:** *Sacred* means dedicated as holy, a time set aside to prioritize our relationship with God (Exodus 20:8-11). Routine labor was to be condensed into 6/7<sup>th</sup> of the schedule. This seventh day was to be sacred – a day dedicated to God's pattern. Yet God also looked into the future and saw that His creation would rebel against His authority, causing the fall of mankind from intimate relationship with their Creator. The chaos of sin entered the world, bringing the pain and suffering familiar to all of us. The concept of "rest" foreshadows the Messiah who would bring true spiritual rest – and someday bring *ultimate* rest from all striving, even from sin and death itself. "Keeping the Sabbath" is a practical way to prioritize reflection upon God's provision for us – past, present, and future.
- ✓ **Re-Creation as Rhythm:** Prioritizing re-creation exhibits a rhythmic life. Imagine a band playing a musical score without rhythm. The attempt at making music would be futile. Consider your heart. When functioning properly, your heart beats to a rhythmic cadence. When that is disrupted, your heart is in danger. A cardiologist will prescribe medication to regulate an arrhythmia or even a surgical implant to assure a more regular beat. God created life itself to function in similar fashion. The Sabbath brings a rhythm to daily life.
- ✓ **Re-Creation as Refreshment:** God beckons us to spend time with Him for our own personal renewal, reminiscent of the Old Testament principle of six years for sowing, followed by a seventh year for allowing the land to rest (Leviticus 25:1-7). God designed re-creation to re-invest life and energy back into your life. But what about ministers who must "work" on the day they celebrate as the LORD's day? Regardless of how you interpret the Sabbath for today, one thing is clear: *it is imperative ministers set aside a day somewhere in their schedules for a "Sabbath" in their own lives. Being a minister doesn't eliminate your need for Sabbath, even if you are one who "considers every day alike"* (Romans 14:5). *God created you with such a need. To rebel against this is to ignore what is for your own good.*

#### Thoughts to Ponder:

- Do you *regularly* prioritize a Sabbath's rest? Why or why not? *What would it take* to begin doing so?
- What would your Sabbath's rest look like if you intentionally designed it to be *sacred, rhythmic, and refreshing*?

"Michael Todd" Wilson, MS, LPC  
Director of ShepherdCare

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ShepherdCare • 2250 Satellite Boulevard, #230 • Duluth, Georgia 30097  
(770) 623-3331 • [www.PracticingShepherdCare.org](http://www.PracticingShepherdCare.org)