

How lovely is your dwelling place, O Lord of hosts!  
 My soul longs, indeed it faints for the courts of the Lord; my heart and my flesh sing for joy to  
 the living God.  
 Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her  
 young, at your altars, O Lord of hosts, my King and my God.  
 Happy are those who live in your house, ever singing your praise.  
 Happy are those whose strength is in you, in whose heart are the highways to Zion.  
 As they go through the valley of Baca they make it a place of springs; the early rain also covers  
 it with pools.  
 They go from strength to strength; the God of gods will be seen in Zion.  
 O Lord God of hosts, hear my prayer; give ear, O God of Jacob!  
 Behold our shield, O God; look on the face of your anointed.  
 For a day in your courts is better than a thousand elsewhere.  
 I would rather be a doorkeeper in the house of my God than live in the tents of wickedness.  
 For the Lord God is a sun and shield; he bestows favor and honor.  
 No good thing does the Lord withhold from those who walk uprightly.  
 O Lord of hosts, happy is everyone who trusts in you.

"A second meaning of the Hebrew verb *Shabbat* is 'to rest.' In the Hebrew Scriptures to desist from labor is associated with resting – for God, people, animals, even the land...

We might wonder how anyone can possibly truly rest when there is so much to do... A day of complete physical rest gives us extra strength and zeal for the tasks of the other six days. Moreover, a day especially set aside for worship teaches us to carry the spirit of worship into our work. Furthermore, to give ourselves a day's break from emotional and intellectual problems enables us to come back to them with fresh perspectives, creative insights, and renewed spirits...

Complete resting of our whole being is more than mere physical rest without labor. To rest utterly in the grace of God is the foundation for wholistic rest."

"Pick up any glossy women's magazine from the last few years and you'll see...that Sabbath has come back into fashion; even among the most secular Americans, but the Sabbath we now embrace is a curious one. Articles abound extolling the virtues of treating yourself to a day of rest, a relaxing and leisurely visit to the spa, and an extra-long bubble bath. *Take a day off*, the magazines urge their harried readers. *Rest*.

There might be something to celebrate in this revival of Sabbath, but it seems to me that there are at least two flaws in the reasoning. First is what we might call capitalism's justification for Sabbath rest: resting one day a week makes you more productive. *Oh Bve Tto*

the bubble-bath taker herself, of course! The Bible suggests something different. In observing the Sabbath, one is both giving a gift to God and imitating Him."