

## A LITURGY FOR

# Entering into Sabbath Rest

By Brian Keepers

God of Rest,

In the beginning,  
after You created all things  
by Wind and Word,  
and it delighted Your heart  
and You called it “good,”  
You rested.

You sat down  
on Your throne,  
O Sovereign One,  
watchful and steady,  
at one with Your creation,  
ruling over all things  
with peace, wholeness  
and joy.

When You assumed  
flesh and blood  
in the person of Your Son,  
our Brother,  
our Savior and Lord,  
You rested.

Early in the morning,

while it was still dark,  
before the sun’s gold rim  
would awaken the day,  
You rose early to be alone,  
to enjoy intimacy with the Father  
and be reminded of Your Name,  
“Beloved.”  
And of Your Mission,  
“To do the work of  
the One who sent Me.”

“The Sabbath is for humans,  
not humans for the Sabbath,”  
You said to the sneers  
of religious leaders who  
claimed to be guardians of the rules,  
gatekeepers of what’s “right,”  
but who could not rest.

“The Sabbath is for *you*,”  
our Savior and Lord  
says tenderly to you now.  
“My beloved Child,  
this is for *you*.”

A gift.

Like a fresh evening breeze  
whispering in the garden.

Like the gurgling water of a stream,  
singing over you your baptism.

Like the crackle and sputter of a fire,  
Pentecost tongues above you and in you.

Like a window into eternity,  
a future rest and delight coming  
to meet you in the present.

Here and now.  
Receive it.  
Enter into it.  
Let it enter into you.

*Leave behind* all  
that forbids you to enter.  
*Let go* of all  
that holds you back.  
*Surrender* every burden  
you carry.

For He holds all things together,  
and He will heal all that is fractured.  
This is not yours to do.

*Yours is to rest.*

And remember  
*who* you are, and  
*whose* you are, and  
*why* you are.

And in the beauty,  
goodness, and  
truth of it all,  
may you be *renewed*.

*This is what the Sovereign LORD, the Holy one of Israel says:  
“In repentance and rest is your salvation, in quietness and  
trust is your strength....” (Isaiah 30:15)*