

RESILIENT FAITH IN A TURBULENT WORLD



Pause and Behold

Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the
Lord.

(Joshua 24:15)

"Seize the prophets of Baal. Don't let anyone get away!"

(1 Kings 18:40)

Today, if only you would hear his voice, do not harden your hearts...

(Psalm 95:7-8)

From that time on Jesus began to preach, "Repent, for the kingdom of heaven has come near."

(Matthew 4:17)

As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work.

(John 9:4)

"Brothers, what shall we do?" Peter replied, "Repent and be baptized, every one of you..."

(Acts 2:37-38)

Exodus 12:11

This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the Lord's Passover.

Exodus 13:17

When Pharaoh let the people go, God did not lead them on the road through the Philistine country, though that was shorter. For God said, "If they face war, they might change their minds and return to Egypt."

"Israel was to leave Egypt quickly. But the road to the promised land would be very, very slow. Freedom from four hundred years of slavery may have occurred overnight. But the journey to the promised land, a short seventy-five miles or so, would take the space of some forty years. Freedom happened quickly, but the journey of salvation spanned a lifetime."

(from *Slow Theology*)

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“God speaks, but being ready to obey requires arduous, painstaking discipleship—the slow and deliberate work of spiritual formation. Acts of radical, spontaneous, and immediate obedience to God often come only after years of slowly, intently, and patiently being formed by God’s work in our lives.”

(from *Slow Theology*)

“What exactly does the Sabbath entail? In short, it is God’s blessing of a day each week that is set aside for cessation, reflection, and enjoyment of God, one another, and his creation. Set apart by God as holy at creation, the Sabbath day invites all of creation to pause, breathe, and reconnect with their Maker.”

(from *Slow Theology*)

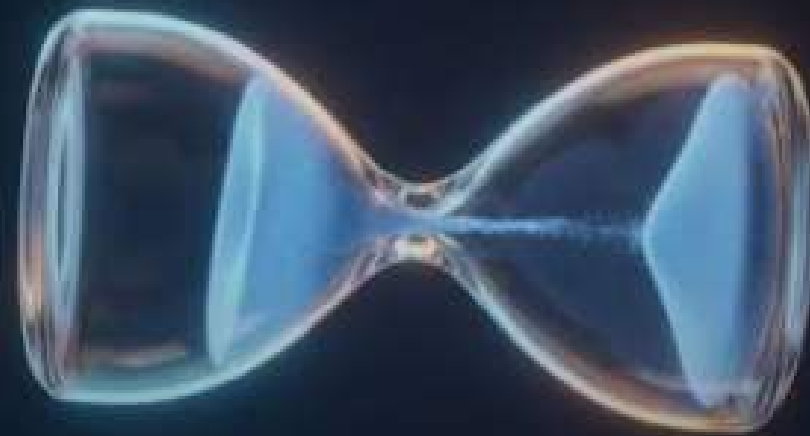
“Observing the Sabbath is more than merely taking a day off; the goal is to intentionally develop the capacity to hear, listen to, and patiently wait on God’s voice. Sabbath-keeping is, fundamentally, about cultivating a disposition that enables obedience to God.”

(from *Slow Theology*)

Sabbath reveals a truth about humans: we cherish what we pause to behold.

TO
Love
AND TO
Cherish

Sabbath reveals a truth about humans: we *cherish*
what we pause to *behold*.



PLATFORM DATA

'Dwell time' is the hidden ranking signal

How long people stop on your post beats the like.

Exodus 20:8-10

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

“Our pace of one activity carries over into the next. This phenomenon, which has been termed by social scientists as ‘cognitive load carryover,’ illuminates how the mental busyness of life bleeds into everything else we do. You can take a person out of rush hour, but it often takes some time to leave rush hour behind.”

(from *Slow Theology*)

“The desert fathers had a practice of slowing down between meetings called *statio*. It is the ancient practice of stopping one activity before starting another, of having space to breathe in between... It can help us structure our busy lives not around the tasks at hand but around the God who created us.”

(from *Slow Theology*)

Proverbs 16:2

All a person's ways seem pure to them, but motives are weighed by the Lord.

John 6:5-6, 11-12

⁵ When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" ⁶ He asked this only to test him, for he already had in mind what he was going to do... ⁹ "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?" ...

John 6:5-6, 11-12

¹¹ Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. ¹² When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."

Matthew 4:2-4

² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."
⁴ Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

"While we may act out of hidden motivations known only to us, part of the holy life is recognizing that God is aware of them all... More important than making the right decision is increasingly inviting the Holy Spirit to scrutinize why we do what we do...

Often, in the quiet of the Sabbath, we experience the gentle voice of the Spirit, who reminds us why we do what we do, our false motivations for doing it, and the means by which we can return to the heart of what God has called us to do."

(from *Slow Theology*)

Closing Reflections

Ask God to give you the wisdom, discernment, and courage to see when a faithful decision needs to be made quickly, and to make it with conviction.

Closing Reflections

What things in your life do you pause to behold? What is your soul being formed to cherish?

Closing Reflections

Consider where you might build moments for a “holy pause” into your life this week.

Closing Reflections

Invite the Spirit to reveal your true motives to you, in the stillness of this moment, and in moments of rest and reflection in the coming days.

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