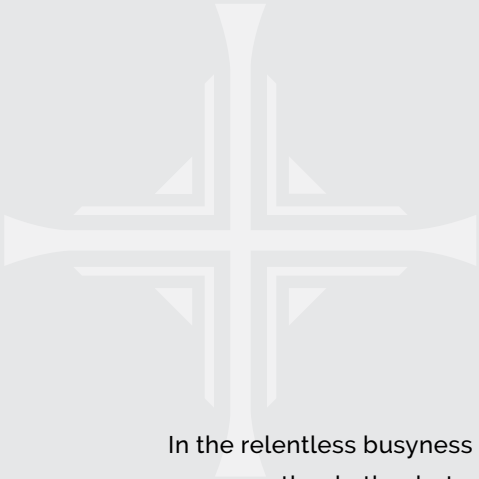


EASTERTIDE



REST FOR THE WEARY





In the relentless busyness of modern life, we have lost
the rhythm between work and rest.

—Wayne Muller

Some knowing is never pursued, only received. And for
that, you need to be still.

—Mark Buchanan

Better is one day full of quietness than two hands full
of toil and a striving after the wind.

—Ecclesiastes 4:6

WHAT IS THE SEASON OF EASTERTIDE?

Easter is more than just one day! The season of Easter (also called Eastertide) is a 50-day celebration that runs from Easter Sunday through to the day of Pentecost (the resurrection of Jesus to the birth of his Church). This is a season of joy, gratitude, and reflection on how the resurrection of Jesus can become the centerpiece of our lives and change everything for us in this life and in the life to come. During this season we, as a church family, select a particular aspect of our resurrection life to examine together that we might grow deeper in our love and practice of following Jesus.

Americans have a hard time with celebrations that last longer than one day. The only time we really manage to sustain a season of celebration is during the Christmas season, when we go to multiple parties over the course of several weeks. But even then, we usually feel guilty for all that we have eaten afterwards, and start the new year with fasts and resolutions to be more disciplined. Extended, guilt-free celebration is a foreign concept for most of us!

The resurrection society of Jesus approaches celebration differently. It calls us to fast before celebrations in preparation, rather than after them in guilt. Thus Advent precedes Christmas, and Lent precedes Easter. When celebrating for a good reason and in a good way, we have no need to feel guilty afterwards. Since the resurrection of Christ conquered death and gives us true hope, we are invited to celebrate for 50 DAYS!

Isn't it funny how difficult this is for us? Can you believe that the Lord invites you into a holiday this size? Imagine what the New Creation will be like. . . Friends, all of our hope hangs on the resurrection, and it is to be celebrated and remembered. So we at Redeemer invite you into a wonderful season of true celebration. Let the feasting begin!

Christ is risen! He is risen indeed! Alleluia!

HOW TO USE THIS GUIDE

This little guidebook is designed for individual, family, and small group use during the 2021 Eastertide season at Redeemer Anglican Church. It tracks with our Sermon Series *Rest for the Weary*, helping us, as a church family, to discover the good gift of Sabbath practice.

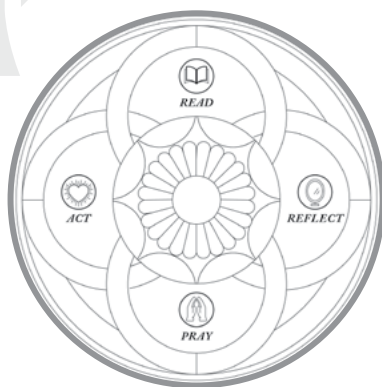
Week 1: The Song of Rest

Week 2: The Comfort of Rest

Week 3: The Courage of Rest

Week 4: The Community of Rest

Week 5: The Clarity of Rest



READ

For each week, there is a scripture passage assigned.



REFLECT

After reading the passage, take a moment to reflect on what you have read. There are a handful of questions posted online to stimulate reflection (and discussion with your Fellowship Group). Feel free to write down your thoughts in the space provided.



PRAY

The time of prayer follows a simple liturgy called *Family Prayer in the Early Evening* from the Book of Common Prayer 2019, p. 71. This liturgy can be prayed alone, with others in your household, and with your Fellowship Group.



ACT

When we truly receive the good news of the Gospel, we are motivated to embrace new habits and extend the good news to others. The love of God to us in Jesus overflows within us and spills out to our neighbors. Each week, you are invited to embrace Sabbath practices listed on the following page.

SABBATH PRACTICES

The Sabbath is not a “state of mind,” it is an embodied, communal practice. You can’t keep the Sabbath by practicing mindfulness at work on a Wednesday any more than you can play soccer on a team while answering your email on a Monday. Sabbath is something you do with your body that, over time, changes your mind and your heart. Sabbath is first something you do communally with your church family before it is something you do individually.

WHEN Saturday Evening Sunday Evening.

WHERE Your home. Do your best to be home from weekend travel by Saturday evening.

WHO Sabbath is both communal and individual. If you are learning to practice Sabbath keeping for the first time, best to do it with others in the church family. Invite people from church over for one of the sabbath practices.

WHAT It won't be possible to do all of these (especially if you have young children!). Pick a few that are attainable and start there.

- Candle lighting on Saturday evening to mark the beginning of the Sabbath.
- Clear your calendar for these 24 hours. Schedule nothing.
- Turn off your phone for 24 hours.
- Do not check your email.
- Go for a walk without your smart phone.
- Eat with family and friends. Linger at the table.
- Play.
- Prep meals ahead of time or (if cooking is a delight, shop for a special meal ahead of time).
- Take a nap and resist the temptation to feel guilty about being unproductive.
- Don't buy anything.
- In all of these practices and more, remember that the Lord is God. Life is a gift from his hand. His work, not ours, is the source of life.

A Word on Legalism: It is often of concern that a practice as physical and straightforward as keeping the Sabbath will turn into spiritual legalism or self-justification (obedience in order to win God's favor). This is, almost always, not a real danger to us. Rather, the protest of “legalism” is most often a defense against the clear call to obedience. God doesn't say, “keep the sabbath only if you can do it with pure motives.” Rather, God commands us to keep the Sabbath because he loves us and knows it will bless us when we receive it with a grateful heart. So don't worry about legalism. If your motives are mixed, pray for God's help and keep the Sabbath anyway.



Week 1 | THE SONG OF REST



Psalm 92

READ



Discussion questions posted online: redeemerrva.org/sermons.

REFLECT

NOTES:

A large, empty rectangular area with a light gray background, intended for taking notes.



Leader | How excellent is your mercy, O God! The children of men shall take refuge under the shadow of your wings. For with you is the well of life, and in your light shall we see light. (*Psalms 36:7,9*)

People | **O gladsome light, pure brightness of the everling Father in heaven, O Jesus Christ, holy and blessed! Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises, O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised by happy voices, O Son of God, O Giver of Life, and to be glorified through all the worlds.** (*Phos Hilaron*)

Leader | Jesus spoke to them saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." (*John 8:12*)

**A song may be sung from the Parish Songbook.
Prayers may be offered for ourselves and others.

People | **Our Father, who art in heaven,
hallowed be thy Name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil. For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

Leader | Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. **Amen.**



Make your best effort to keep the Sabbath Saturday Evening through Sunday Evening. See guidance on p. 5.



Week 2 | THE COMFORT OF REST



READ

Exodus 20:12–17



REFLECT

Questions for reflection and group discussion are posted on this week's sermon page of the redeemerrva.org website.

NOTES:



Leader | How excellent is your mercy, O God! The children of men shall take refuge under the shadow of your wings. For with you is the well of life, and in your light shall we see light. (*Psalms 36:7,9*)

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Leader | Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. **Amen.**



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Week 3 | THE COURAGE OF REST



READ

Deuteronomy 5:12-14



REFLECT

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NOTES:



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Week 4 | **THE COMMUNITY
OF REST**



READ

Isaiah 56:3-8



REFLECT

Questions for reflection and group discussion are posted on this week's sermon page of the redeemerrva.org website.

NOTES:



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Week 5 | **THE CLARITY
OF REST**



READ

Amos 8:4–8



REFLECT

Discussion questions posted online: redeemerrva.org/sermons.

NOTES:



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REDEEMER
ANGLICAN CHURCH

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