



Spirit Inspired
Worship



Sabbath Languages

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Day 1 of vacation: I flew to Disneyland and lost my cell phone on the airplane. We arrived to the hotel late at night, and I began leaving messages with lost-and-found. My daughter put a visible alert on my phone screen, so that anyone finding it would know it was lost and could be reunited with me by calling her number. (I didn't know that was a thing, but it's cool.) The next morning, I dashed off an email to people in the Presbytery who might need to reach me right away, letting them know of my dilemma and reassuring them I would check emails on my laptop (the back-up device I also brought on vacation) in the evening. I worried about my inaccessibility but decided to let it go. "Let it go, let it go..." [Couldn't resist a Disney reference.]

Shortly after breakfast, the airline called with news. My phone had been found and was safely awaiting my return to the airport. The news stopped me short: hmmm, I *could* just leave it there until the end of my vacation. I could, right? Nah. I retrieved it after a short Uber trip. I might or might not have let everyone know that I had my phone back.

The escapade led me to think about vacations or sabbath. How do each of us actually get some downtime? What do we intentionally put away and what do we bring out? Perhaps better put, what is our sabbath language?

You might be familiar with love languages – the way in which you feel love the most strongly. It could be receiving gifts or words of affirmation. Perhaps it comes in the form of an act of service or physical touch.

Ann Gibbs and Michelle Henrichs just recorded a wonderful video discussing God languages. How we encounter the Spirit in worship can be different for each person. Some people want a lot of silence. Appreciating nature in worship is another language through which the Spirit speaks. Check out [their video](#) to learn more!

So, I imagine we also each have a sabbath language. For instance, some of my close family members find their sabbath rest laying on the beach or poolside for h-o-u-r-s. Not me! On this vacation, we had a half-day of pool time for the grandkids. Instead of closing my eyes and taking a nap, I watched the lifeguards and tried to gauge their response time based on their preferred footwear. Physical rest and stillness is a sabbath language for some, but not all.

As with worship, encountering nature is a sabbath language. The level of physical activity might vary, but the appreciation of God's creation brings relaxation to the soul.

Alone-time is another way to express sabbath. Being away from others and required interaction might offer a singular focus on what is holy and essential. Repetitive movement that require focus can also create a space for rest – think of yoga, golf, or needlework, as examples.

Me, I like to play. Sabbath for me involves mental stimulation on trivial things or reading or puzzles or games.

I'm sure you could describe other sabbath languages for yourself. The importance is making the time for them. When we learn our sabbath language, we can make the time of holy rest meaningful. On a family vacation, that might require a bit of negotiation. It might require losing your cellphone. However you choose to experience sabbath, may rest envelop and renew you!