

Sabbath

Wayne Muller

A discussion guide for the Simple Scrapper Book Club.

QUOTE // p. 1 - "Because we do not rest, we lose our way. We miss the compass points that would show us where to go, we bypass the nourishment that would give us succor."

QUESTION // Q1. What do you notice that you "miss" when you do not rest enough?

QUOTE // p. 5 - "When we consecrate a time to listen to the still, small voices, we remember the root of inner wisdom that makes work fruitful. We remember from where we are most deeply nourished, and see more clearly the shape and texture of the people and things before us."

QUESTION // Q2. What activities nourish you?

QUOTE // p. 30 - "It's too easy to talk of prohibition, but the point is the space and time created to say yes to sacred spirituality, sensuality, sexuality, prayer, rest, song, delight."

QUESTION // Q3. Did you grow up with family traditions related to the Sabbath? Do you look back on these with a positive or negative feeling?

QUOTE // p. 42 - "Sabbath time assumes that if we step back and rest, we will see the wholeness of it all."

QUESTION // Q4. When do you feel the most aware and connected?

QUOTE // p. 53 - "So we keep moving, never finding refuge, never touching the tendernesses that propel us into a life of speedy avoidance."

QUESTION // Q5. If you have difficulty resting, do you sense there is an aspect of avoidance that is related?

QUOTE // p. 67 - "What we harvest in this season provides the fruit for the next season."

QUESTION // Q6. What are you harvesting this season?

QUOTE // p. 69 - "To surrender to the rhythms of seasons and flowerings and dormancies is to savor the secret of life itself."

QUESTION // Q7. What is one small step you can take towards this surrender?