

# Silence On Sabbaths

The Lord has given you the Sabbath, *a day of complete rest<sup>1</sup>, a day of rest that still remains for the people of God. And he who enters into God's rest, rests from his own work as God did from his. Let us strive to enter into that rest so that no one may fall.<sup>2</sup> The seventh day is a day for sacred assembly<sup>3</sup> and Jesus set an example for us since he always entered the synagogue on the Sabbath as he was in the habit of doing.<sup>4</sup> Since we are called to keep this day as something sacred, a day of complete rest<sup>5</sup> we are to bring ourselves to quietness and prayer and let silence surge softly as the day continues. In this way the Lord will repair with comforting repose our mind and spirit and bring healing from the blows of the week's noise.*



God spoke to Job and told him: *Be attentive, listen to me. Be silent and I will speak, be silent and I will teach you wisdom.<sup>6</sup> Calm yourself as the stormy wind that was stilled by the words of Jesus when the disciples were in danger. It is good to hope in silence for the saving help of the Lord.<sup>7</sup>*

It is very difficult for some people, because of family circumstances, to bring about this quiet time and a commitment is called for; one you can honor with action and speech. Turn off the radio and TV, if only for most of the day, think about how you follow your own pursuits on this day, and forsake them. During the week think ahead so that your Sunday remains uncluttered. The disciples observed the Sabbath as a day of rest<sup>8</sup> and we too are called to

**Keep Sacred and Holy Our Sundays !!!**

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<sup>1</sup> Exodus 16:23

<sup>2</sup> Hebrews 4:9-11

<sup>3</sup> Leviticus 23:3

<sup>4</sup> Luke 6:5

<sup>5</sup> Exodus 31:14-15

<sup>6</sup> Job 33:31-33

<sup>7</sup> Lamentation 3:26

<sup>8</sup> Luke 23:56