



Evangelical Lutheran Church in America
God's work. Our hands.

On the Seventh Day
ELCA Presiding Bishop Elizabeth Eaton Weekly Video Message
May 21, 2021

“Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation” [Genesis 2:1-3].

I think in all our busy-ness, in all our efforts to make it through this challenging time, in just the furor that we get caught up [in] during the week, that we forget that God has established a natural rhythm of work and of rest. If God, who created everything in all creation, could set aside a day for rest, I think we might do the same. We don't. When I was a girl, I remember my father saying, “Why do we have church at 11 o'clock? Shoots the whole day.”

As opposed to saying, here's a day for rest, worship, hearing the word, receiving the sacrament and taking time out—to notice each other, to notice the creation, just to breathe. During summer, some of us are able to take some time away, and I hope, whether we stay in place or whether we're able to travel because we have been vaccinated, we won't do it as if we're on a mission, but do it as a way of honoring a day of rest, of noticing God and of noticing and being with each other. Take a break.

Be well, dear church.