

SPIRITUAL TASK – THE THIRD COMMANDMENT (Exodus 20)

by the Rev. David Roth at the New Church of Boulder Valley

Story The Third Commandment teaches that we are to remember the Sabbath day and to keep it holy. Six days we are allowed to work but the seventh day is reserved for the Lord and we are to do no work.

Meaning There is a story about a person being stoned to death for working on the Sabbath. This story pictures a person who labors from him or herself—that is, is led by self and selfish loves and not by the Lord. It represents that part within each one of us that cannot rest in the Lord—can't trust entirely. Our greatest challenge is to let go and trust that if we keep the Lord's laws (remember the Sabbath) we will have everything we ever need and more.

Task This week give up control of some area of your life that you have jurisdiction and control over. Give it into someone else's keeping. See if you can't begin to feel the liberation and peace that comes from giving our life over to the Lord. Now, what control are you willing to give over to the Lord?