

**Good Morning & WELCOME** to our 4<sup>th</sup> theme in a Summer Sabbath Series – A Fine Line and today we “RE-CREATE: A Long, Thin Line

We hope you will take the opportunity to read, reflect, ponder and perhaps discuss with others, and most of all enjoy the time of reflection.

The Summer Sabbath Series 2019: *A Fine Line* is written by Janice MacLean, Host of the Prayer Bench.

All Scripture quotations, unless otherwise noted, are from New Revised Standard Version Bible, copyright © 1989 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved worldwide.

---

**WEEK 4 RE-CREATE: A Long, Thin Line**

**READ EZEKIEL 36:24-28**

<sup>24</sup> **I WILL TAKE YOU FROM THE NATIONS AND GATHER YOU FROM ALL THE COUNTRIES AND BRING YOU INTO YOUR OWN LAND. <sup>25</sup> I WILL SPRINKLE CLEAN WATER UPON YOU, AND YOU SHALL BE CLEAN FROM ALL YOUR UNCLEANNESSES, AND FROM ALL YOUR IDOLS I WILL CLEANSE YOU. <sup>26</sup> A NEW HEART I WILL GIVE YOU, AND A NEW SPIRIT I WILL PUT WITHIN YOU, AND I WILL REMOVE FROM YOUR BODY THE HEART OF STONE AND GIVE YOU A HEART OF FLESH. <sup>27</sup> I WILL PUT MY SPIRIT WITHIN YOU AND MAKE YOU FOLLOW MY STATUTES AND BE CAREFUL TO OBSERVE MY ORDINANCES. <sup>28</sup> THEN YOU SHALL LIVE IN THE LAND THAT I GAVE TO YOUR ANCESTORS, AND YOU SHALL BE MY PEOPLE, AND I WILL BE YOUR GOD.**

*A new heart I will give you, and a new spirit I will put within you;  
and I will remove from your body the heart of stone  
and give you a heart of flesh.*

Ezekiel 36:26

## **PAUSE FOR REFLECTION**

It's summer-time. Many long for these days that offer a change in pattern from the rest of our lives. We go to the cottage. We garden. We sit on the deck and read a book. We welcome guests home for a visit. We swim or take long beach walks.

It is a time of re-creation for body and soul. It's summer-time and there is opportunity for our bodies to rest and our hearts to be made new.

Every religion points to the heart as a source of spiritual awareness. Our heart is so much more than an amazing circulatory system that pumps our blood and keeps us alive. Our heart is so much more than a place of sentiment or feelings.

This heart of ours is full of Mystery and connection; it is brimming with energy, and a source of inner wisdom and spiritual discernment.

Ezekiel knows this. He is a fierce and exasperated prophet of a tragic time in the journey of the People of God, but he turns mystical as he speaks of a new existence, a new creation or consciousness. "A new heart I will give you, and a new spirit I will put within you."

Ezekiel makes clear to the people of God that this is the work of the Divine. Their hearts are sought-after by One who desires that they exist in joy and know a spiritual heart that beats with the knowledge of Love.

This is amazing. We are still the sought-after.  
The Divine is longing to make a home in our heart.  
We are known, heartbeat by heartbeat.  
The seed of re-creation is planted in our softened heart.

It is summer-time. This is a gift in the circle of the year where a pattern of rest is woven into the fabric of creation. It might be a "busy summer" and yet we are called to make Sabbath times where we delight in the restorative energy of the "golden shining sun."

It is summer-time and we are called to recreate our heart through Sabbath practices and enjoyable activities that we might come close to God and God comes close to us.

It is summer-time and we are called to lie down in "green pastures" and take walks by "still waters" restoring our souls.

It is summer-time. What might you do this week to recreate your heart and renew your spirit?

### **PRAYER**

O Sabbath One  
Sometimes cradling  
Holding us deep.  
Sometimes splashing  
Making us whole.  
Sometimes winking  
Inviting us close.  
Sometimes weeping  
Pouring us out.  
Sometimes leaving  
Giving us space.  
Sometimes beckoning  
Taking us in.

### **PRACTICE “A FINE LINE”**

Here are some phrases that describe “Sabbath.”  
Which speaks to your imagination and invites you to make time as a seeker of Sabbath?

A Day of Rest for the heart.  
Hanging out with God.  
A Practice of Solitude.  
“Sanctified Laziness.”  
Wasting Time with God.  
To Delight in the World’s Beauty.  
Unplugged.  
To Stop and Catch Your Breath.

*During your Sabbath — Pray. Write a poem. Journal. Sing.  
What you offer is a fine line!*