

## TAKE TIME OUT

“Jesus did not come to found a new religion called Christianity. He came to show people how to be more fully human in relationship with a loving God and one another” (*Treston, K. The Wind Blows Where It Chooses p44*). This Sunday’s readings offer insight into Jesus’ mission purpose.

Paul reminds us that God knows a thing or two about humans, “For God’s foolishness is wiser than human wisdom” (*1 Cor 1:25a*). The Old Testament reading from Exodus includes the Ten Commandments as well as God’s plan for us to make some God time in our lives. That is what his instructions for the Sabbath are about.

A day set aside for rest and reflection with God meant something in Jesus’ time (though even then Jesus found people abusing God’s time and place as in today’s gospel where he drives the money changers and pigeon sellers and sheep and cattle out of the temple.) (*John 2:13-25*). Ordinary Galileans relished the Sabbath as a toil-free blessing from God; a remembrance of God’s goodness to them. In Christianity too, until living memory, Sunday was a day reserved for resetting our relationship with God and others; refreshing and refocussing for the coming week. No shops, no footy, no options; just God time and family time.

How far we have strayed from God’s Law given at Sinai!: “For six days you shall labour and do all your work, but the seventh day is the Sabbath for the Lord your God.” (*Ex 20:1-17*). God gave us the best way but we engage with the world as we find it. Parents find Sunday (or Saturday) Mass times that fit with basketball or work etc. Still though God urges us to maintain our spiritual, physical and mental health, living fully in relationship with God and each other.

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