



2022–2023 PW/*Horizons* Bible Study

CELEBRATING SABBATH

Accepting God's Gift of Rest and Delight

By Carol M. Bechtel

With Suggestions for Leaders by Laura Mariko Cheifetz

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In the nine lessons of this Bible study—with passages from Genesis, Exodus, Deuteronomy, Isaiah, Matthew, Luke, and Acts—we'll consider Sabbath

- as a celebration, not a day of dreary formality
- as God's intent for all of creation and that includes busy women too
- as one day of the week, perhaps a Sunday
- as a time to surrender unhealthy striving and frantic busyness, and instead trust God will provide
- as a reminder that life is precious and working too much is against God's plans for our precious lives
- as a day devoted to community and justice and not exclusively to self-care

Ultimately, Sabbath reminds us to honor God who honors us by giving us a day each week to reset our pace, our priorities, and our lives.

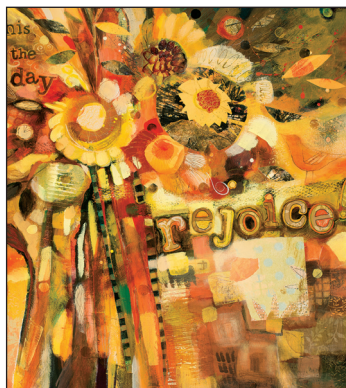
About the Authors



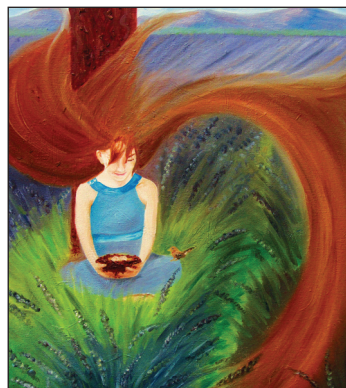
Carol M. Bechtel, an ordained minister, is Professor of Old Testament at Western Theological Seminary in Holland, Michigan, where she has taught since 1994. She also serves as the Executive Director of the American Waldensian Society, an organization that partners with Christians from the Reformed tradition in Italy and South America. Carol was the author of the delightful 2007–2008 PW/*Horizons* Bible study, *Above and Beyond: Hearing God's Call in Jonah and Ruth*, which is available to purchase from the PW Shop!



Laura Mariko Cheifetz is a queer biracial double-PK (preachers' kid) Presbyterian minister from the Pacific Northwest, now living and working in the southeast. She has worked in theological education, social justice advocacy, and religious publishing. She enjoys hiking, her rescue pups, and eating. She has served on the Board of Presbyterian Women and published very occasionally with *Horizons* magazine.



LESSON ONE
Sabbath and Celebration



LESSON TWO
Sabbath and Creation



LESSON THREE
Sabbath and Sunday



LESSON FOUR
Sabbath and Surrender



LESSON FIVE
Sabbath and Servitude



LESSON SIX
Sabbath and Hospitality



LESSON SEVEN
Sabbath and Self-Care



LESSON EIGHT
Sabbath and Justice



LESSON NINE
Sabbath and Community

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