

Welcome to the 2022–2023 Presbyterian Women/*Horizons* Bible study,
Celebrating Sabbath: Accepting God's Gift of Rest and Delight
by Carol M. Bechtel

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.

Carol M. Bechtel, an ordained minister, is Professor of Old Testament at Western Theological Seminary in Holland, Michigan, where she has taught since 1994. 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!

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With Suggestions for Leaders by Laura Mariko Cheifetz

