

a day of rest

*Remember the sabbath day, and keep it holy.
Six days you shall labor and do all your work.*

Americans leave 429 million vacation days a year unused.
Source: Time

Even when we're out of the office, we're still working—enough that we voluntarily work a day of overtime each week.
Source: LA Times

40% of Americans getting less than recommended sleep.
Source: Gallup

40% of Americans check their work email on vacation. 50% check it in bed. 38% at the dinner table.
Source: NBC News

Americans take less vacation, work longer days, and retire later than the rest of the world..
Source: ABC News

36 Percent of Americans don't PLAN on using all their vacation days.
Source: Business Insider

So, with all this extra productivity, we must be happier, right?

1 in 10 Americans take an antidepressant. Among women in their 40's and 50's: 1 in 4.
Source: NY Times

40% of American adults suffer from some form of anxiety disorder.
Source: ADA

1 in 5 Americans take psychiatric drugs.
Source: Fox News

Oh, and by the way,

Anxiety disorders cost the U.S. more than \$42 billion a year.
Source: ADA

And...we're passing this unhealthy drive on to our kids.

We weren't made to work like this.

We weren't made to go full-tilt 24/7.

God made us with a need for rest, recreation, and reconnection built-in.

AND, God created the 7 day week with rest built in.

One study, looking at violinists discovered that the best performers practiced in 90 minute intervals, and learned not to over-practice.
Source: AP 1997

People who disengage from thinking about work during the evening are happier and more refreshed the next day.
Source: Scientific American

People who sleep enough, and nap long enough to get into full REM sleep show bursts in creative problem-solving performance.
Source: Psychology Today

And, God gave us the 4th

~~commandment~~ *day and keep it holy.*

The "divine rest on the seventh day of creation has made clear (a) that YHWH is not a workaholic, (b) that YHWH is not anxious about the full functioning of creation, and (c) that the well-being of creation does not depend on endless work...God rested on the seventh day. God did not show up to do more. God absented himself from the office. God did not come and check on creation in anxiety to be sure it was all working.

By Fr. John Walter, Sabbath as Resistance: Saying No to the Culture of Now. Page 6 & 29



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