

Sabbath Spiritual Practice

July 8-14

The month of July is traditionally the month that all of St. Patrick's is encouraged to take a sabbatical — no meetings at church, a break from our usual responsibilities. This week's spiritual practice calls your attention to the words of Jesus contained in this week's quote. Jesus is talking about the refusal of the people to dance to the tune God is playing through him. But it is appropriate for us because our present day spirituality rarely involves our body. There is support in the Christian tradition for encouraging dance. The Greek word for the indwelling of the Holy Spirit means 'dancing around.' David danced before the ark of the Lord (2 Samuel 6:12-19). Psalm 150:4 implores us to praise God 'with timbrel and dance.' All of Psalm 150 is a joyful song appropriate for reading daily this week. There are examples from the medieval church in Europe where people danced in the church to symbolize the triumph of Christ over the world's confusion.

So, put on some music and dance with the Holy One who dances with us. Your dance may be slow and calm, simply swaying, or leaping and dancing like David in praise of God. Children love to move and dance so they need little encouragement to explore dancing as a part of Sabbath rest.