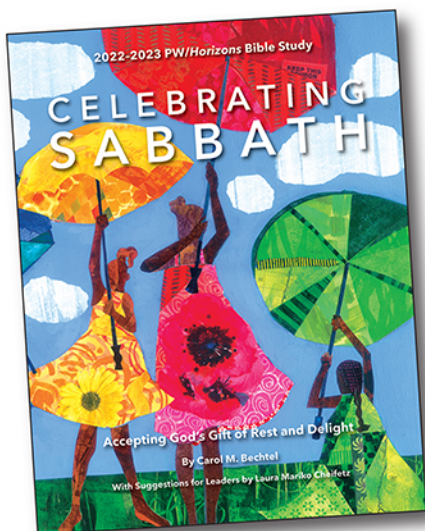


## Introducing the 2022-2023 PW/*Horizons* Bible study

# Celebrating Sabbath

Accepting God's Gift of Rest and Delight  
by Carol M. Bechtel

With Suggestions for Leaders by Laura Mariko Cheifetz



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. 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 enjoys hiking, her rescue pups, and eating. She has worked in theological education, social justice advocacy, religious publishing, served on the PW Board, and published with *Horizons* magazine.



Additional helps in *Horizons* magazine begin with the Summer 2022 issue.

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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  
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