

GOD & BUSINESS: SESSION SIX

PURPOSE

Welcome! We are meeting together to discover and discuss any connections we see between spirituality and vocation. Although our study will flow from a Christian worldview, we welcome perspectives from other faith and non-faith traditions. What we do with our bodies and our lives, our *vocation*, matters deeply. We will explore how our vocation can be a participation in God's work of renewing all things and how vocation is related to the career we are pursuing.

GATHERING (5 MINUTES)

- Which next step did you try after our last study?
- How did it go?
- What did you learn about yourself, humanity, or God?

WARM-UP (15 MINUTES)

Watch *Chef's Table* on Netflix: Volume 3, Episode 1, from minute 23:20 to 26:20.

This excerpt shows a Buddhist nun named Jeong Kwan expressing her relationship with the land.

- What do you appreciate about this content?
- What do you disagree with? What makes you wonder?

SCRIPTURE DISCUSSION (20 MINUTES)

Today we will read two sections from the Hebrew Bible. These are sacred texts of both Jewish people and followers of Jesus, and they explain God's plan of "Sabbath rest" for humans, animals, and the land.

EXODUS 20:8-11 (NLT)

[God said:]⁸ "Remember to observe the Sabbath day by keeping it holy.⁹ You have six days each week for your ordinary work,¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy."

LEVITICUS 25:1-5 (NLT)

^{1:1} While Moses was on Mount Sinai, the Lord said to him, ² "Give the following instructions to the people of Israel. When you have entered the land I am giving you, the land itself must observe a Sabbath rest before the Lord every seventh year. ³ For six years you may plant your fields and prune your vineyards and harvest your crops, ⁴ but during the seventh year the land must have a Sabbath year of complete rest. It is the Lord's Sabbath. Do not plant your fields or prune your vineyards during that year. ⁵ And don't store away the crops that grow on their own or gather the grapes from your unpruned vines. The land must have a year of complete rest.

DISCUSSION QUESTIONS

- What do you appreciate about this content?
- What makes you wonder?
- What do you disagree with?
- God designed a plan for healthy patterns of work and rest. Why do you think God cares about rhythms of work and rest for humans, animals, and the land?
- What does God's plan for work and rest have to do with business? Compare and contrast God's plan of balancing work and rest with business models you have seen.

NEXT STEPS (5 MINUTES)

Which next step could you take based on our discussion today?

Perspective – Begin to notice business practices of the places you shop or the places you hear about in the news. Get curious about how businesses around you benefit from patterns that prevent the land, animals, and people from resting.

Engagement – Think about how you are doing personally in the area of rest. Examine your sleep habits and what they say about your perspective on human rest. If needed, change your schedule to allow more sleep or extra time doing things that rejuvenate your mind and body.

Investment – Research urban farms or community gardens in your area. See if there are any that take the health of the land into account in their business model, and find a time to visit and learn more about their practices. Consider making a donation. (www.woof.net might be a good place to start, or just search "organic farms near me")

HELP US MAKE THIS BETTER!

[PLEASE PROVIDE FEEDBACK ON THIS STUDY](#)