

## WEEK 6



# And Give You Peace

"And give you peace" is a phrase that plunges us into a magnificent ethos of the Kingdom of Light—SHALOM /SHä'löm/. Shalom is more about the presence of wholeness and harmony and less about the absence of strife. The root of this Hebrew word literally means to make whole or complete. Unquestionably, the presence of shalom is earnestly connected to (rest) *Sabbath* or *Shabbat*—beyond the calendar, resting rhythms, which addresses a holistic alternation between work and rest in every square inch of all creation.

Shalom will always reveal the presence of the sacred space of Sabbath. In this week, I will use the phrase 'sabbath-shalom' to describe the all-encompassing, compound communion, which ushers us into a healing birthright & blessing. This is our wellbeing. A wellbeing that tethers our wholeness, blessing, connectivity, harmony, prosperity, and completeness to the source—the Beloved Son, Yeshua—our Lord of the Sabbath (Luke 6:1-5), our Sar Shalom (The Prince of Peace) and our Peace Offering (Leviticus 3; Ephesians 2:14).

Mennonite minister Anita Amstutz writes in her book, *Soul Tending: A Journey into the Heart of Sabbath*:

The Sabbath, or Shabbat in Hebrew, is one of the most important days instituted by God in the Hebrew Bible. Literally meaning “to cease, to end, to rest,” the Sabbath follows six task-oriented, building, and creating days with twenty-four hours of rest and spiritual enrichment on the seventh. The Ten Commandments call not only for remembering (Exodus 20:8) but also for observing Sabbath (Deuteronomy 5:12). The Sabbath is honored beginning at sundown on Friday and lasts until the first three stars show in the sky on Saturday evening.

The Sabbath imperative is to not accomplish or initiate anything, refuting the belief that you have to “do something” to be worthy. Instead, the original vision of Sabbath calls us to cease doing something, acquiring things, making stuff, expecting returns. Instead, we are called to just be and receive the Creator’s good gifts. Forget stifling restrictions. Instead, time is savored as a precious gift from God. Time for your body to stretch and your soul to relax.

**Note:** "And give you peace" - 'give' is the English word used for the Hebrew word 'soom' (sounds like süm), which has a broad meaning: **to put, place appoint, bring...** This word first appears in Genesis 2:8 when Elohim puts (soom) Adam in the garden. Wherever we are divinely placed, we are divinely resourced.

## WEEK 6



### *And Give You Peace*

**HEAL & REST:** Ponder Luke 6:1-11. How might you reimagine a meaningful and authentic way to “keep” or practice sabbath-shalom—personally and communally? Every week, I take a digital sabbath. No social media, no emails, minimum texts, etc. I spend time in nature, reading, watching movies, or writing poetry. Many spend time in community, whether with their church, family, or friends. I invite you to set aside regular, day-long periods of rest and retreat, simply being in awareness of God’s presence. Find a rhythm of rest and work throughout the week that allows for renewal so that you enter your active life from contemplative grounding.

**NOTICE WHERE YOU ARE HELD:** You are held close in the sacred space of sabbath-shalom as a precious and cherished royal daughter. Your unique womanhood is a vessel to carry out the activity of shalom in your *being*, your *becoming*, and in your *doing*.

*Sabbath-Shalom makes room for rejoicing and lament.*

*Sabbath-Shalom makes room for pleasure and anger.*

*Sabbath-Shalom makes room for giving and receiving.*

*Sabbath-Shalom makes room for justice and mercy.*

*Sabbath-Shalom makes room for dismantling and replacing.*

Sabbath-shalom is the ethos of the kingdom of Light—we move from either/or to both/and. Yeshua has set everything in place for all we need to be whole and assured in the ongoing work of sabbath-shalom through the wellbeing of Divine royalty in light of the shattering experiences of life.

Notice how you are already living out sabbath-shalom. Pay attention to how you are currently making decisions to intentionally and intuitively center the Lord of the Sabbath, the Prince of Shalom (Peace) in your weekly life rhythms. Notice how and when Yeshua delights and disrupts you with sabbath-shalom, while addressing holiness and provision from the inside out in your being and living.

**Note: In Hebrew, the word king and the word prince are used interchangeably. The prince embodies the power of the king and the royal standing of the king. So Yeshua is not just the Prince of Peace; He is the King of Peace.**

SABBATH

*Shadow*

**IS THE  
ETHOS OF  
THE  
KINGDOM  
OF LIGHT.**

MOHAWKMOMMA