



MEDITATIONS FOR LENT by Father Robbie Low

FOURTH WEEK OF LENT – TUESDAY John 5: 1-16

'It was because He did things on the Sabbath that the Jews began to persecute him.'

I was working at St Alban' Cathedral, under the great Dean, Peter Moore, when the then Conservative government effectively abolished the Sabbath as special day by ripping up the rule book and permitting seven-day trading in despite of the effect it would have on family life and economics.

The upshot has been a gradual whittling away of attendance at Mass down to a quarter of pre-conciliar levels. The broader effect is to secularise the conscience of the public and make the Faithful appear odd when their primary loyalty is to God rather than Mammon.

The Sabbath was created from the Cosmic Order to provide rest, liberty and genuine consideration for the working man. It is also a time of reflection on what has been and a time of longing for what is to be. It is the still moment alone in the empty whitewashed highway shrine or packed close in the worshipping assembly when we suddenly recognise the Universal Church of which we are part. The Sabbath is for God, time to reconnect with the ultimate reality of our lives and our place in the eternal order of the Cosmos. Time to worship. To externalise that bubbling praise for Him in our hearts. To pay homage and rest in Him while He feeds, mends and restores our careworn souls and makes us ready for the next leg of the journey home.

The Sabbath is a gift of God. Treasure it.

Spiritual exercise:

How do I use the Sabbath? Map out how much of it you give to God.