

Fourth Commandment

Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.

The seventh day is holy--
is when you wrap up the stress of six
and throw it all into an inner abyss--
is when you richly resonate
with the lessons of the week--
is when you pack your soul's lunch
for the next week.

To ignore the seventh day
and keep your work going
on and on
is an attachment to flutter
that will tear you
nerve from nerve
over years.

A little nap is good
on the seventh day,
a hug or two,
a game.

On the seventh day your heart
can launch a loving arrow
across the next six days
to penetrate and renew
your same heart
older by a week and softer.

Remember the seventh day
not as a burden but as a blooming,
not as a prohibition but as a permission.

All seven days are holy to be sure,
but on the seventh comes a celestial smile
that only stillness may see and feel.