A Sanctuary in Time
Prayers Among Buddhists eNewsletter
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A gift...

Is the seventh day Sabbath really worth the preparation that Seventh-day Adventists go through weekly to be ready for it? Jesus thought it was special enough to set aside this day from Creation on. He placed it as a gift in the Ten Commandments even for children, poor servants, and animals. Jesus also kept the Sabbath and said it was for the benefit of all mankind.

A sign and a reminder...

We believe the Sabbath is God's special gift to Buddhists for at least two reasons. First, Buddhists, like all other humans, need physical and mental rest, and the special togetherness families can gain from a weekly 24-hour holiday together. Buddhism emphasizes the impermanence
think of the Sabbath as a "Sanctuary in Time...There are no two hours alike...Every hour is unique and the only one given at the moment, exclusive..." With this suggestion is the realization that it is not as easy to focus on "Holy Time" as it is to focus on so-called holy relics and holy sites. Modern society is not so different from ancient peoples in our focus on places and things. Something that many find attractive in the Eastern Religious Traditions is the recognition of the importance of time and how it relates to what we are doing right now. Many people spend their lives as if punching a time clock, eager for the time to pass, not knowing exactly why.

But more importantly, the Sabbath, the seventh day of the week, is the very first thing that the Bible called Holy. It was not a place, not a thing, not a person or group of people, but a period of time. A day to turn from the results of creation as marred by man and by sin to the mystery of the original creation of the world...and worship Him, the Creator, that made heaven and earth.

of life, while the Sabbath points to the one reality that is forever stable—the Creator God and His law.

To be more specific Buddhism says that everything we grasp for in this world is temporary—money, possessions, and hard-earned promotions will all pass away.

The Biblical Sabbath affirms that life is not all about the work of the week. The Sabbath commandment says 6 days we are to work, but on the 7th-day people are to turn from temporal work and focus on spiritual realities for an entire 24 hours.

Buddhism continues on to say that since everything is impermanent, the way to peace is to detach from those things and deny all desire. Unlike Buddhism, Sabbath leads to a focus on a personal Creator God who has power to make impermanent people into immortal beings when Jesus comes. The God who created the universe also has the power to change our hearts and give life meaning here and now. The Sabbath is a sign and a reminder that the Bible is true. This provides hope in the future that God has planned for human beings while we live in a world filled with disappointment and upheaval.

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. Exodus 20:8-11

We invite you to visit our website for training materials and 30-Day Cycle of Prayers for Buddhists, a guide to praying for Buddhists.

Click here and go to Lesson 22 A Special Day for Rejuvenation to download a PowerPoint and script to share the Sabbath with a
Buddhist. Please write secretary@bridgesforministry.org for the password which enables you to download.

Try sharing a Sabbath with your Buddhist or other non-Christian friends, inviting their families to join yours in nature, learning lessons for the family, life, and for eternity!