

Rabbi David Wolpe's

Off The Pulpit

September 3, 2015

Just What the Doctor Order

Late there has been a spate of articles about how much people work. Those who spend more time at the office are apparently less healthy than those who work moderately. In other words, Shabbat is a health measure.

Shabbat does not only enable us to take a day off from work. When we do it right, it enables us to take a day of from thinking about work. On Shabbat, the Rabbis teach us, you are supposed to imagine all your needs fulfilled. You don't have to worry about that deal, or this waiting email, or that unresolved

issue — it is done. The world is perfect as it is; you need not change it.

Yes, it will all return. But the break itself is necessary and healthy. Where once home was a refuge from work, email and the internet have brought work to the home. Shabbat offers a break from the endless cycle of engagement and obligation. Work is an essential part of life, but work is not life. Community, prayer, family and food help us keep our balance in this vertiginous world. Celebrate Shabbat — it is a boon for body and soul.