

Spiritual life



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The Sabbath day – a desperately needed day. But why so? This day has been described as an “island of time”, a chance to recharge spiritual vigour.

Throughout the week we focus on our business affairs, toiling to make a living and provide for our families. Once a week there is an opportunity to refocus on who we are and what is really

important in life.

Indeed, it’s one of the Ten Commandments. But why is a “mere day” an obligation at all, and are its benefits universal?

Work itself is a paradox. On the one hand it represents freedom, as work gives us feelings of dignity and accomplishment. We express ourselves and can reveal innate talents, a sense of purpose and

definition. For this reason alone there are those who can but refuse to retire!

On the other hand, it is so easy to become enslaved to one’s work. For the sake of physical, emotional well-being a healthy balance is necessary.

Taking this break to refocus is of the utmost importance in maintaining this healthy

balance. I left work, but work did not leave me. With mobile phones, email and the internet it is almost impossible to disconnect.

The Sabbath day therefore instils within us the need to take a real break, refocus our energies and priorities, which ultimately benefits us all, self, family, work and humanity as a whole.