

SABBATH

4 areas to consider for practicalities.

[Explored in more details in our 'Walking the way of Jesus' booklet on Sabbath.]

- What to switch off.
- Preparing for Sabbath
- Who to do Sabbath with
- Rhythms

What is 'Sabbath'?

And on the seventh day God finished his work that he had done, and he rested (Shabbat) on the seventh day from all his work that he had done. [Genesis 2v2]

- The seventh day of the week, the day of rest
- The very essence of rest itself, the God-kind of rest.

Sabbath ≠ Day off

A day off, means we build life around work.
A Sabbath means we build life around rest.

God-type rest is so much more than not working

Sabbath Rest.

Sabbath - is commanded in the ten commandments.

Exodus 20 - Because God did

Deuteronomy 5 - Because you are no longer slaves.

The core of what it means to be alive - isn't work - it's family.

Genesis 2v3

*So God **blessed** the seventh day...*

God pours his goodness into it.

To be filled with the life of God - to become alive, to be fruitful.

...and made it **Holy**.

is to be set apart - different.
It is also - to be heavenly.

Heaven is eternal, we separate from the daily grind of the normal
- and join in with what is eternal.

the Sabbath is a day for joy, worship, and love.

1. Joy

God rested by enjoying what he had made.

Legalism

Matthew 12 - Jesus deliberately provokes the Pharisees.

It is lawful to do good on the Sabbath!!

Sabbath is a choice to **enjoy God**,
to enjoy what he has made, to enjoy what he has given us.

*The world's problems don't stop on Sabbath,
we just choose to stop focussing on them.*

Enjoying the good things God has given us.

what good things do you enjoy?

2. Worship

Sabbath is a day set aside to rest and worship, to enjoy God. -
To focus on him.

Religious worship is a duty, it's full of 'shoulds and oughts'.
Sabbath worship, is to focus on the goodness of God.

The Bible

We read the Bible in a different way on Sabbath, to enjoy it as
speaking into 'now', rather than learning, or getting it done, or
being corrected.

Psalm 92 is '*a Psalm for Sabbath*'.

focus on the goodness of God.

'I will tell of your love'.

'fools' - (those who don't keep Sabbath) will sprout and
then fade away to destruction.

Fruit in old age.

God as the rock which we build our life upon.

Prayer

*'In the Hebrew tradition,
petitionary prayer is discouraged during Sabbath time'.*

We focus our heart, not on what we need but on what we have.

There are other days for other important things.

3. Love

Sabbath is time spent with those we love.

"Do this and you will live"