

SABBATH

FINDING THE RHYTHM OF GOD

SHABBAT

The word Sabbath comes from the Hebrew word “Shabbat.” It is also where we get the word “Rest.” This is what Jesus has to say about Sabbath, “Sabbath was made for man, not man for the Sabbath” (Mark 2:27). A lot of the time people make the Sabbath something that it’s not. The Sabbath is a gift given to us by God since the beginning of creation. Whenever you rest, you are in Sabbath. In Exodus 20:8-11, Sabbath is tied directly to creation. In Deuteronomy 5:12-15, Sabbath is related to God’s victory over the enslaving power of Egypt. These two themes are the most prominent view of Sabbath in the Bible.

- 1. Rest is an important piece in the rhythm of creation, and our lives.***
- 2. Rest is an affront to the culture of busyness, and shows that we are not slaves to time.***

CHALLENGE

Pick a 24 hour period to shut down, and have a day of Sabbath. Do stuff that is life giving, and brings glory to God. The traditional Jewish day for Sabbath is Friday sundown to Saturday Sundown, but choose a day that works best for you and stick to that day.

Scripture To Reference:

Genesis 2v1-3 / Exodus 16v1-30 / Exodus 20v8-10