

SABBATH

Resting • Health • Trust • Community

Are you feeling ...

***You can't attend church? You are always working?
Waiting for some real rest? You have no family time?***

WHAT IS SABBATH?

Sabbath comes from the Hebrew word Shabbat, which means “to cease.” Sabbath is designed by God to provide a regular rhythm of rest. It is given for our enjoyment and to help strengthen our relationships. Sabbath is intended to refresh the body and soul, and is a time to remember and celebrate the life, death and Resurrection of Jesus Christ.

Sabbath is a very important day to God. After God completed creation, God rested on the seventh day (see Genesis 2:2). God directs us to practise a healthy rhythm of work and rest (see Exodus 20:8-11). In order to rebuild our spiritual, physical and emotional health, a day of rest is necessary. Part of that rest is spending time in fellowship with fellow believers so that we can build each other up (see Hebrews 10:25). Sabbath requires a level of trust in God's provision and will for our lives.

“Entering God’s rest calls us to trust that the Creator can manage all that concerns us in this world” (Adele Calhoun).

WHEN DO I APPLY THIS DISCIPLINE?

God has designed the Sabbath for the purpose of providing me with a regular day of rest from normal work and activity. I can enjoy set apart time to meet with other believers in corporate worship; gather with my family; enjoy nature, participate in gentle restorative physical exercise like walking and spend extra time in God's Word.

"Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility ... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished" (Wayne Muller).

"To act as if the world cannot get along without our work for one day in seven is a startling display of pride that denies the sufficiency of our generous maker." (Dorothy Bass).

READY TO PRACTISE THE SABBATH?

1. Determine all that needs to change in your life to practise the Sabbath.
2. Pray and seek God's direction to adjust your schedule.
3. Take action on your list and trust God to provide.

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