

MEANING OF THE SABBATH

- ◆ **Genesis 1:31 - 2: 1-3** Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the 6th day. Thus, the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the 7th day from all His work which He had done. Then God blessed the 7th day and sanctified it (declared it holy), because in it He rested from all His work which God had made the earth and the heavens.



- ◆ **Exodus 20: 8-11** Remember the Sabbath day, to keep it holy. 6 days you shall labor and do all your work, but the 7th day is Sabbath of the Lord your God.
In it you shall do no work – you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates. For in 6 days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the 7th day.
Therefore, the Lord blessed the Sabbath day and hallowed it.
- ◆ **Mark 2:23-27** Now it happened that Jesus went through the grain fields on the Sabbath; and as they went His disciples began to pluck the heads of grain. And the Pharisees said to Him, “Look, why do they do what is not lawful on the Sabbath?” But He said to them, “Have you never read what David did when he was in need and hungry, he and those with him... how he went in to the house of God in the days of Abiathar, the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?”
And He said to them, “The Sabbath was made for man, and not man for the Sabbath.
Therefore, the Son of Man is also Lord of the Sabbath”

What is **not necessarily** in keeping with the Sabbath?

1. **Sabbath is not about pursuing leisure and entertainment.**
2. **Sabbath is not just about physical rest or just time off.**
3. **Sabbath is not merely about attending church or synagogues on a certain day.**

It is a biblical discipline designed for our benefits, enjoying “inner rest”, & to be “relinquished” of our daily cares. It’s not confined to a physical rest, but comes with the following components.

1. A TIME FOR CLOSING THE LOOP

- ♦ What does my work mean?
- ♦ Do I really enjoy my work?
- ♦ Do I derive a sense of significance from doing what I am doing?
- ♦ What were my expectations and did I finish what I have set out to do?

2. CLARIFYING OUR VISION

People get burnt out or run out of steam not because we work too hard, but because we do not have the answers we need and our visions of God’s purpose become blurred.

“Look around you and you will be distressed...”

“Look inside you and you can be depressed...”

“Look to Jesus and you will be at rest!”

#3 COMMUNION WITH GOD CONSTANTLY!

Keep in mind the following components in keeping the Sabbath.

- Closing the loop from all our work intentionally
- Clarifying our vision of God & His purpose continuously
- Communing with God constantly