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Close your eyes...

Imagine a life like this...



A Sabbath “Fly Over” . . .



# The Sabbath Instituted at Creation

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (Gen. 2:1-3)



Thus, the first thing man  
observed God doing was  
**Resting!**



# Observing the Sabbath is one of the **Ten Commandments**

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. (Ex 20:8-11)

# Yet, People have always resisted keeping the Sabbath!

Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the LORD said to Moses, "How long will you refuse to keep my commands and my instructions? Bear in mind that the LORD has given you the Sabbath . . . So the people rested on the seventh day. (Ex. 16:27-30)



# Sabbath was meant to be reflected in the “Rhythm of Life” Among God’s People

For six years you are to sow your fields and harvest the crops, but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what they leave. Do the same with your vineyard and your olive grove. (Ex. 23:10-11)

# The Sabbath is a Gift of Refreshment

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your manservant or maidservant, nor your ox, your donkey or any other animals, nor the alien within your gates, so that your manservant and maidservant may rest as you do. (Duet. 5:13-14)



# Sabbath was to be a **Reminder of God's Redemption of His People**

Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day. (Deut. 5:15)

# Keeping the Sabbath was Connected to Experiencing Joy & Receiving God's Blessing

If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a **delight** and LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please...then you will find your **joy** in the LORD, and I will **cause you to ride on the heights of the land...** (Is. 58:13-14)



# The Sabbath Observance—though commanded by God—was **not** **meant to be observed legalistically**

*The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath. (Mark 2:27-28)*

*If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath. (Matt. 12:11-12)*

# But what about NT Believers?

Where in the NT does the Bible instruct us about observing Sabbath-rest?



# Hebrews 4:1-11

*A Sabbath-Rest for the People of  
God*

- v1: *Since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.*
- v3: *Now we who have believed enter that rest...*
- v9: *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his.*
- v10: *Let us, therefore, make every effort to enter that rest...*



# Two Types of Sabbath-Rest

- **Creation Rest** – *“And God finished His work and rested”* = Order & Rhythm of Life
- **Redemption Rest** – Jesus cried, *“It is finished”* = Rest for our souls
- Both of these types of rest are **entered by Faith**

# The Spirit of Sabbath Rest

Come to me...

all you who are weary & burdened, and I will give you **rest**.

Take my yoke upon you

and learn from me,

for I gentle and humble in heart, and **you will find rest for your souls**.

For my yoke is easy and my burden is light. (Matt. 11:28-30)



# Summary

The Sabbath is a picture of the Shalom of God—  
spiritual, physical, relational, emotional  
wholeness found in the finished work of Jesus

Observing Sabbath is meant to be a gift to us and  
an outward sign of an inward reality that we  
have experienced in Christ's finished work on  
our behalf! This can be a powerful witness to a  
harried society and driven people.

# How to Practice Sabbath Rhythm

## Step 1: Stop

“Sabbath” means “stop, cease, pause, rest, desist.”

Determine what to stop doing...

## Step 2: Savor

Determine what to “do” on Sabbath to experience God, enjoy His abundance, to rest & be refreshed.



*Avoid the danger of expecting to do a lot of spiritual things on the Sabbath. We don't have to work hard at making the Sabbath holy! We just need to stop and enjoy the fact that God is working in His creation & in us. God is already present in our lives; on the Sabbath we are encouraged to notice that presence.*

**-Lynne Baab**

# Which path will you choose?

*In repentance and rest is your salvation, in quietness and trust in your strength...*

*but you would have none of it. You said, "No, we will flee on horses." Therefore you will flee! You said, "We will ride off on swift horses." Therefore your pursuers will be swift! (Is. 30-15-16)*



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