



living the  
sabbath rest...

# Sabbath: A Rhythm of Life

## Gateways

# Gateways - Sabbath

Series so Far:

- community
- serving
- prayer
- generosity

Next two weeks – Sabbath

- pray for open minds & hearts



# Gateways - Sabbath

## 1. Rhythm of Creation

- clear rhythm evidenced
- inflow and output
- food
- sleep
- emotions



# Gateways - Sabbath

Gen 2:2-3 "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

A photograph of a road sign that reads "REST AREA NEXT RIGHT". The sign is rectangular with a dark background and white text. It is mounted on two wooden posts. Below the main sign, there is a smaller, white, rectangular sign that is tilted and partially obscured. The background of the photograph shows a road and some trees.

# Gateways - Sabbath

- a) Sabbath – intentional design
- God is beyond time
  - clear rhythms in ....
    - day – earth rotating
    - month – moon
    - year – sun
  - week is established alone as a work and rest rhythm



# Gateways - Sabbath

- b) Sabbath – intentional purpose
- stopped to rest & reflect
  - blessed the Sabbath
    - source of all blessings the day
  - made it Holy
    - set apart for exclusive use
    - clear focus and intention



# Gateways - Sabbath

## 2. Clear Command

- practiced by God 1<sup>st</sup> week

- a) Made the 10 Commandments

- Exd. 20:8 "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the LORD your God.

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# Gateways - Sabbath

On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

<sup>11</sup> 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.”

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# Gateways - Sabbath

- remember by....
  - keep it Holy
  - Keep it Faithfully
  - Keep it Honestly
- why .....
  - the Lord blessed it
  - the Lord consecrated it
  - the Lord commanded you



# Gateways - Sabbath

- Duet 5:12 “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> 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 male or female servant,



REST AREA  
NEXT RIGHT

# Gateways - Sabbath

nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. <sup>15</sup> 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.”



# Gateways - Sabbath

- don't miss the remembering the work of God in creation of all, but the salvation of his people!
- important to Sabbath is the purpose of remembering who God is and what he has done – realigns our lives and thinking



# Gateways - Sabbath

## 3. Rhythm and Restoration

a) Identifies us and sets us apart

- Exd. 31:12-18 “Then the LORD said to Moses, <sup>13</sup> “Say to the

Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.

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“Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people.

<sup>15</sup> For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the LORD.

Whoever does any work on the Sabbath day is to be put to death.

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<sup>16</sup> The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. <sup>17</sup> It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed.’”

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## b) rules and Jesus Matthew 12

- “ At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup> When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.”
- <sup>3</sup> He answered, “Haven’t you read what David did when he and his companions were hungry? <sup>4</sup> He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. <sup>5</sup> Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent?



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<sup>6</sup> I tell you that something greater than the temple is here. <sup>7</sup> If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. <sup>8</sup> For the Son of Man is Lord of the Sabbath

- attitude is essential



# Gateways - Sabbath

## So What

1. We are Designed for Sabbath
  - created to need it
  - called to be blessed in it
  - health is found in it
2. We are Commanded to Sabbath
  - clear in scripture



# Gateways - Sabbath

## 3. Sabbath Is Meant to....

- remember
  - God of Creation, Salvation
  - God who desires to meet
- restore
  - perspective on provision
  - perspective on trust
  - perspective on circumstance



# Gateways - Sabbath

- Bless
  - with rest and renewal
  - from the very hand of God
  - the lives of His children
- Sanctify
  - set apart as God's
  - he does this in us



# Gateways - Sabbath

## 4. Participation

- community group discussion
- further prayer and reflection
- developing priorities
- chance to celebrate and offer a sacrifice of worship and praise

