

Sabbath: Receiving and Resting in the Goodness of God

Sabbath is a gift from a loving God to His beloved people. It is an invitation to pause and rest in His good works and providence. In the creation story, we see God bring forth the heavens and the earth, the beauty of our world, the animals and plants, and finally, us. After six days of creation, He does something interesting: He declares that what He made is good, and then He rests. Does an all-powerful and infinite God truly need rest? No, He does not. What God does do on this day is enjoy relationship with His prized creation—the ones He called “very good.” On the seventh day, God spends time delighting in friendship and connection with Adam and Eve.

The beautiful truth is that God invites us into this same kind of rest and relationship with Him each week through the Sabbath. First given as a commandment to the nation of Israel to honor, Sabbath is an opportunity available to us today, to remember that God created all and sustains all. It is not by our work that the world keeps spinning; it is by the breath of the Living God. One day a week, God invites us to rest in the truth that He is good, He is loving, He will care for us, and He delights in us. We do not serve a distant or aloof God. He is nearer than our own breath, and He desires relationship with each and every one of His children.

On this Sabbath Sunday, you are invited to slow down and delight in God, who loves you deeply. Sabbath is not something to perform or get right — it is a gift to receive. Begin the day in whatever way helps your heart settle. Some families start with pancakes, a sweet and simple way to remember that God’s goodness is meant to be enjoyed. Those warm, syrupy bites can remind us that this day is set apart, held safely in God’s care. As the day unfolds, let Sabbath take whatever shape feels restful and life-giving. You might savor a quiet cup of coffee, share an unhurried meal, read, tinker, work on a puzzle, or take a nap. Kids may want to draw, build something wonderful, or head outside to look for small treasures God has placed in the world — birds in the grass, shiny rocks, or clouds drifting by. You might bake together, dance in the living room, take a gentle walk, or play a game that fills the space with laughter. Sabbath also makes room for stillness. There may be moments to curl up under a blanket, listen to the rain, gaze out a window, or simply let your breathing slow. However your day unfolds — in play or in quiet — remember this: God created Sabbath for you. It is a day to rest in His presence, to enjoy His gifts, and to delight in the Lord as He delights in you.



Sabbath welcomes all of us: individuals seeking quiet, families needing connection, couples longing for peace, elders savoring slow beauty. There are no rules to follow here—only an invitation to step out of hurry, loosen your grip on work, and receive God’s care with openness and gratitude. Children are wonderfully at home in Sabbath rest. Feel free to invite them into simple joys—pancakes, play, creativity, stories, nature walks, or cozy quiet moments. Little ones often lead us into wonder, reminding us that Sabbath is God’s gift for every age.

Scripture to Read

- Genesis 2:1–3 — God completes creation and rests.
- Exodus 20:8–11 — Sabbath as a reminder of God’s creation and care.
- Deuteronomy 5:12–15 — Sabbath as freedom from striving.
- Isaiah 58:13–14 — God’s delight in our delight.
- Matthew 11:28–30 — Jesus’ invitation to find rest in Him.

Questions for Reflection

- Where did I notice God’s goodness today?
- What is bringing my body and spirit rest right now?
- What am I holding too tightly that God is inviting me to release?
- What made me smile, slow down, or breathe more deeply?
- What am I grateful for as this day unfolds?

As your Sabbath comes to a close, allow the rest you’ve tasted today to linger a little longer. Carry its rest and delight with you into the week ahead. Let the quiet joy of this day shape the way you work, speak, and move through the days to come. Sabbath is more than a single day we observe; it is a rhythm that forms us over time, inviting us again and again to slow down, to breathe deeply, and to trust the steady, loving care of God.

As you go, receive this blessing:

“May the Lord bless you and keep you;
may the Lord make His face shine upon you and be gracious to you;
may the Lord turn His face toward you and give you peace.”

— Numbers 6:24–26

*May your hearts be refreshed and
your homes be filled with peace.*

