

SABBATH
I'm Dreaming of an Unhurried Christmas #3
December 10, 2023

Sabbath comes from the Hebrew verb, Shabat which means _____.

**Big Idea: Set aside one day every week to _____,
_____, and _____.**

“Sabbath is simply a day to stop: stop working, stop wanting, stop worrying, just stop.” John Mark Comer

“Sabbath is more than a day; it’s a way of being in the world.”
John Mark Comer

“People who keep Sabbath live all seven days differently.”
Walter Brueggemann

Jesus on the Sabbath (Luke 4:16, Mark 2:27)

WHY GOD MADE THE SABBATH

1. God made the Sabbath to _____ you. (Genesis 2:1-3)

“When we fight against this work-six-days, Sabbath-one-day rhythm, we go against the grain of the universe.” John Mark Comer

“If you go against the grain of the universe, you get splinters.”
H. H. Farmer

2. God made the Sabbath _____. (Genesis 2:3)

**3. God made the Sabbath for you to _____,
_____, and _____. (Exodus 20:8-12)**

DAILY REFLECTIONS ON SABBATH

Monday

Read Exodus 31:12-18. God said Sabbath keeping was so important that He made Sabbath breaking a capital offense. Wow! Why? (v. 13,16-17) Regular Sabbath keeping is an outward sign to the next generation of our relationship with God and a reminder to ourselves that we belong to Christ. How important is it to you to influence the next generation to follow Christ? Sabbath keeping is critical.

Tuesday

Read Deuteronomy 5:12-15. Forty years after giving the Ten Commandments to the people (Ex: 20:1-17) Moses reminded them about each commandment. What new reason for Sabbath keeping did he give (v. 15)? Let this coming Sabbath remind you of the things from which Jesus has freed you (John 8:31-36).

Wednesday

Read Nehemiah 13:15-22. In Nehemiah's day many Jewish people treated the Sabbath like every other day. Nehemiah instituted reforms to restore Sabbath practices. What could you do to strengthen your Sabbath rhythm? Do you stop, rest and worship one day every week? How do you rest? How do you worship?

Thursday

Psalms 92 is entitled "A Song for the Sabbath." Read it and reflect on how you can praise and worship God today. Make plans to read and pray through the Psalm on your next Sabbath. What does God promise the "righteous", those who practice and take seriously the rhythm of Sabbath (v. 12-15)?

Friday

Sabbath keeping is more than simply attending church services. Read Matthew 12:1-14. How did Jesus reinterpret the meaning and practice of Sabbath for the religious legalists of His day (v. 7, 12)? The Pharisees were faithful in keeping the Sabbath but cold hearted toward the needs of people. Jesus served people on the Sabbath. How could you invest your time and talent in serving people?