



Read

2 Corinthians 5:17 NASB

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new thing

GENESIS 2: 1-2

Thus the heavens and the earth were completed in all their vast array.

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 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.

Exodus 20:8-11

“Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Deuteronomy 5:15

15 Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is WHY the Lord your God has commanded you to rest on the Sabbath day.

Review

God worked.... We are to *work*
God rested.... We are to *rest*

The idea of Sabbath...is to build the DOING OF NOTHING.... into our schedules each week. Where NOTHING *MEASURABLE IS ACCOMPLISHED*.

The Scriptures give us 4 FOUNDATIONAL QUALITIES of a Biblical Sabbath:

- 1. Stop**
- 2. Rest**
- 3. Delight**
- 4. Contemplate**

Divert *Daily*
Withdraw *Weekly*
Abandon *Annually*

Reflect

If someone asks you for a pencil and you don't have one, you can't give one to them, right? I mean, that's obvious. You cannot give what you do not have, that's a fact. So when our families and friends and co-workers demand more time and attention than we have to give, what can we do for them when we're looking at a mile-long to-do list for ourselves?

During His earthly ministry, Jesus only had three years and instead of going full-out, all the time, He did the opposite. He retreated, He sat, He rested. He stopped. He stopped when it was time to stop, no matter what His to-do list was.

1. Even when we take time for ourselves, we put the world on hold. How can we trust that world will keep turning as we rest?

2. As we live in a world where finish lines keep moving, how do we mark the Sabbath and keep it holy? What are practical ways to protect your Sabbath, no matter what day of the week it falls on?

3. This is the fun part: how are you ready to divert *daily*, withdraw *weekly*, and abandon *annually*? As you make your not-to-do list, keep your heart light. This is not abandoning your responsibilities, it is making sure to keep the main things the main thing. Focus on the Word and the world can start falling into place.