



## I. WHAT IS THE SABBATH?

Sabbath simply means \_\_\_\_\_ and is:

### 1. A principle rooted in \_\_\_\_\_.

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:2-3 (NLT)

### 2. A commandment given in the \_\_\_\_\_.

On the sixth day, they gathered twice as much as usual—four quarts for each person instead of two. Then all the leaders of the community came and asked Moses for an explanation. He told them, “This is what the LORD commanded: Tomorrow will be a day of complete rest, a holy Sabbath day set apart for the LORD...They must realize that the Sabbath is the LORD’s gift to you. That is why he gives you a two-day supply on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day.” So the people did not gather any food on the seventh day.

Exodus 16:22-23,28-30 (NLT)

### 3. A specific day for \_\_\_\_\_.

## **II. WHY DID GOD INSTITUTE THE SABBATH?**

1. \_\_\_\_\_ that there is more to life than work.

As you conquer and create all week long, it is all too easy to get an inflated and self-centered idea of your own power. Egocentrism often takes us away from doing and being for others and God in a way that brings our life meaning and serves a greater purpose than our personal gratification and acquisition. Having to stop is not just about recovering from exhaustion from a hard week's work. Sabbath is about standing back and viewing our life, in the way an artist stands back from the canvas to get a more encompassing view of his work. This gives us the opportunity to contemplate the merits of our contribution to others and the world – it's about resetting our spiritual clock. The kind of Sabbath "rest" that is of value is that which reconnects you to your ultimate purpose in life.

Dr. Laura Schlessinger

2. \_\_\_\_\_ a rest for everyone.

3. \_\_\_\_\_ God's people to trust Him (See Matthew 6:24-34).

4. Be a \_\_\_\_\_ of His covenant with Israel.

The LORD then gave these instructions to Moses: "Tell the people of Israel: 'Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the LORD, who makes you holy.

Exodus 31:12-13 (NLT)

### III. HOW CAN I HONOR THE SABBATH DAY?

#### 1. Don't \_\_\_\_\_ others.

One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord. He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God. For none of us lives to himself alone and none of us dies to himself alone. If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord.

Romans 14:5-8 (NIV)

When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Colossians 2:13-18 (NIV)

#### 2. Trust God enough to stop \_\_\_\_\_.

“If you carefully obey all the commands I am giving you today [including the Sabbath Principle], and if you love the LORD your God and serve him with all your heart and soul, then he will send the rains in their proper seasons—the early and late rains—so you can bring in your harvests of grain, new wine, and olive oil. He will give you lush pastureland for your livestock, and you yourselves will have all you want to eat.

Deuteronomy 11:13-15 (NLT)

#### 3. \_\_\_\_\_ time to rest. This should include:

- \_\_\_\_\_ refreshment—Allow my body to recover.
- \_\_\_\_\_ resetting—Clear the “psychic cache”
- \_\_\_\_\_ recentering—Feed my soul.