



# SABBATH

Resting • Health • Trust • Community

## Are you feeling ...

You have no family time? You can't attend church?  
You are always working? Anticipation for a day of rest?

## WHAT IS SABBATH?

Sabbath comes from the Hebrew word Shabbat, which means "to cease." Sabbath is designed by God to provide a regular rhythm of rest. It is given for our enjoyment and to help strengthen our relationships. Sabbath is intended to refresh the body and soul, and is a time to remember and celebrate the life, death and Resurrection of Jesus Christ.

Sabbath is a very important day to God. After he completed creation, he rested on the seventh day (see Genesis 2:2). God directs

us to practise a healthy rhythm of work and rest (see Exodus 20:8-11). In order to rebuild your spiritual, physical and emotional health, a day of rest is necessary. Part of that rest is spending time in fellowship with fellow believers so that you can build each other up (see Hebrews 10:25).

"Entering God's rest calls us to trust that the Creator can manage all that concerns us in this world" (Adele Calhoun). Sabbath requires a level of trust in God's provision and will for our lives.

## WHEN DO I APPLY IT?

You need to take a regular day of rest, and God has designed the Sabbath for that purpose. Enjoy your family, hobbies, devotions and walks. During the Sabbath, avoid working and take time for rest.

"Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there

arises a new responsibility ... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished" (Wayne Muller).

"To act as if the world cannot get along without our work for one day in seven is a startling display of pride that denies the sufficiency of our generous maker" (Dorothy Bass).

## READY TO PRACTISE THE SABBATH?

1. Determine all that needs to change in your life to practise the Sabbath
2. Pray and seek God's direction to adjust your schedule
3. Take action on your list and trust God to provide

Want to learn more on Sabbath? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)



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