



How Do I Grow as a Christian?

Spiritual Disciplines

Spiritual Disciplines

Christian practices that help us
experience greater freedom
from sin and greater intimacy
with God

Matthew 11:28-30 (CSB)

Spiritual Disciplines:
Sabbath

“Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Outline

Spiritual Disciplines:
Sabbath

1. What is Sabbath?
2. How can we practice it?

What is Sabbath?

Spiritual Disciplines:
Sabbath

Get into groups of 3-5

I. What is Sabbath?

Spiritual Disciplines:
Sabbath

Look up these verses in the Old Testament and New Testament and write down ONE thing it verse teaches you about Sabbath:

1. Genesis 2:1-3
2. Exodus 20:8-11
3. Exodus 31:13-17
4. Deuteronomy 5:12-15
5. Mark 2:23-27
6. Romans 14:5-6
7. Colossians 2:16

Gen. 2:1-3

Spiritual Disciplines:
Sabbath

- The word for “rest” is *shabbat*– “Sabbath”
- It literally means “to stop, to cease.”

Exodus 20:8-11

Spiritual Disciplines:
Sabbath

- This is one of the 10 commandments!
- Do you see how the argument for keeping the Sabbath is rooted in creation? (v. 11)
 - “For the Lord made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the Lord blessed the Sabbath day and declared it holy.”

Exodus 31:13-17

Spiritual Disciplines:
Sabbath

- God was “refreshed” – this figurative language tells us something vital: the Sabbath is for refreshment!

Deuteronomy 5:12-15

Spiritual Disciplines:
Sabbath

- The reason for observing the Sabbath is because it will help them remember their salvation (v. 15)

Definition from OT

Spiritual Disciplines:
Sabbath

The Sabbath was the seventh day of the week where God's people were to do no work, to rest, and to remember God's salvation

Mark 2:23-27

Spiritual Disciplines:
Sabbath

- Sabbath was made for humanity's good— as a day of delight and refreshment, not burden

Romans 14:5-6

Spiritual Disciplines:
Sabbath

- We can't impose our Sabbath practices or the day we practice Sabbath on others – however we observe the Sabbath, we do it to honor the Lord.

Colossians 2:16

Spiritual Disciplines:
Sabbath

- Same idea as in Romans – as Christians we shouldn't pass judgment on one another for how we observe the Sabbath or require it as a rigid law: “You have to practice Sabbath if you are a Christian.”

Full Definition

Spiritual Disciplines:
Sabbath

The Sabbath, though not a binding law, is wise for Christians to practice, and was modeled by God Himself. It is a 24-hour period every seven days where we stop normal work in order to rest, delight in, and worship God.

II. How can we practice Sabbath? Spiritual Disciplines: Sabbath

1. Stop

- Stop doing all normal work/schoolwork that you do throughout the week.
- Ask: “What do I need to do BEFORE my Sabbath so that it can be truly restful?”
 - Get school work done
 - Tell your employer you need this day off
 - Run your errands, clean, plan fun activity before this day
- Ask: “Is this activity ceasing from what I normally do on school days/work days?”

II. How can we practice Sabbath? Spiritual Disciplines: Sabbath

2. Rest

- Ask: “Is this activity restful? Does it replenish my soul?”

II. How can we practice Sabbath? Spiritual Disciplines: Sabbath

3. Delight

- Ask: “What activities can I do that give me delight and joy? Does this activity bring me joy in God?”

II. How can we practice Sabbath? Spiritual Disciplines: Sabbath

4. Worship

- Ask: “Does this activity connect me more deeply to the Lord and His goodness? Am I remembering my salvation and what He’s done for me through what I’m doing?”

II. How can we practice Sabbath?

Spiritual Disciplines:
Sabbath

1. Stop
2. Rest
3. Delight
4. Worship