

Sermon Series: Are You Really Adventist?

Part 2: The Gift

Six Ways to Reset Your Sabbath This Week

The Sabbath is not a rule to follow — it's a gift to receive.
God didn't give Sabbath after the work...
He gave it before the work — because identity comes before activity.

1. Reset Your Mindset

"Remember the Sabbath..." (Exodus 20:8)

Sabbath is a reminder, not a requirement.

Start the week by declaring:

"This Sabbath, I'm choosing rest — not rules."

2. Prepare with Purpose

Sabbath prep is an act of honor.

- *Finish chores and meal prep before sundown Friday.*
- *Set the atmosphere — candles, music, warmth.*
- *Remove hurry from the evening.*

Honor the gift by preparing to receive it.

3. Unplug to Connect

The Sabbath is not about doing nothing — it's about doing what matters most.

- *Set aside screens and distractions.*
- *Spend time with people and with God.*

Create space to hear His voice again.

4. Enjoy Sabbath w/ Others

The gift is better when it's shared.

- *Eat with family or friends.*
- *Go for a walk, sing together, or read the Word aloud.*
- *Call someone you've been thinking about.*

Rest doesn't mean isolation — it means intentional connection.

5. Open the Gift of the Word

*Don't read for religion. Read for **relationship**.*

Suggested Readings:

- *Genesis 2:1-3 (God's first Sabbath)*
- *Exodus 20:8-11 (The command to remember)*
- *Isaiah 58:13-14 (Sabbath as delight)*
- *Mark 2:27-28 (Jesus, Lord of the Sabbath)*

Read slowly, reflect deeply, respond honestly.

6. Unwrap the Symbols

On Sabbath, hold or reflect on:

- *Pillow → Rest is God's gift.*
- *Bread → God provides, even when I stop.*
- *Mirror → I am not what I do. I am who He says I am.*

Each symbol is a sermon. Let it speak to your soul.

**"Sabbath doesn't give you rest — Jesus does.
Sabbath reminds you where to find it."**

WANT MORE??

*This week, journal your Sabbath reset.
Write down one way you'll receive the gift more fully next week.*