

**Practicing Sabbath Outline and Questions – Pastor Omar**  
**Matthew 12:1-8; Mark 2:27; Exodus 20:8-11; Genesis 2:1-2**

**Intro:**

This morning I want to talk to you about a spiritual discipline that Jesus modeled for us that is directly correlated with finding rest for our souls! What I am referring to is the practice of Sabbath! What I am going to do today is share with you **how learning to practice sabbath is an essential component to our discipleship to Jesus because practicing sabbath will replenish life into our souls!**

*So where do we start?*

**I. God designed Sabbath to be a normal rhythm of life for His creation to practice**

Read: Matthew 12:1-8 & Mark 2:27

This story from the life of Jesus is incredibly eye opening. In the time when Jesus was walking the earth the pharisees who were supposed to be the teachers of the law and the religious leaders had completely missed the point of the Sabbath. They had made the Sabbath to be super legalistic or rules based to the point where Sabbath had become more of a burden than rest. Jesus knowing this, decides to sternly remind them what the true purpose of Sabbath is

*What's the true purpose of Sabbath that Jesus is getting across in this story?*

Dr. Wilkins: **“Jesus has come to bring rest to those who take on his yoke of discipleship, the kind of rest to which the Sabbath was designed to point.”**

The sabbath is directly correlated with experiencing the rest for our souls **that Jesus promised to give when we embrace the call to become his apprentices. The practice of sabbath is incredibly essential to experience a life filled with restfulness and to experience rivers of living water flowing from within our hearts.** The reason why this is the case is because from the very beginning of creation **God designed Sabbath to be a normal rhythm of life for His creation to practice.**

**Exodus 20: 8-11**

Out of all the 10 commandments this is the only commandment that comes with an explanation that goes back all the way to the origin of creation. Keeping sabbath was not just an Old Testament law that people in Israel had to follow, sabbath keeping predates the law. It originated in the beginning of time when God designed his creation.

**Genesis 2:1-2**

**God himself was modeling for all of creation an essential rhythm for how to live life the way He intended.**

*Now what exactly does sabbath keeping look like?*

## II. Sabbath is a day of stopping, resting, delighting and worship

Sabbath comes from the Hebrew word, *Shabbat*, which literally means to stop and rest. Other definitions of *Shabbat* include delight and worship. Sabbath is a day of stopping, resting, delighting, & worshipping.

In terms of the practicality of the sabbath I love Rich Villodas teaching on this he says:

“Sabbath keeping is a weekly twenty-four hour period of unhurried delight with no have-tos, or ought-tos, resulting in deep rest and renewal.”

4 reminders about sabbath

1. Sabbath is not a reward earned for hard work
2. Sabbath is a reminder that our work remains incomplete.
3. Sabbath is a day that moves us from production to presence
4. Sabbath points us to the deeper rest that we need.

*How in the world can we just take a full day off from all that there is to do?*

A.J. Swoboda:

“The Sabbath has largely been forgotten by the church, which has uncritically mimicked the rhythms of the industrial and success-obsessed West. The result? Our road-weary, exhausted churches have largely failed to integrate Sabbath into their lives as vital elements of Christian discipleship. It is not as though we do not love God—we love God deeply. We just do not know how to sit with God anymore.”

*How in the world can we practically do Sabbath?*

- Start sabbath keeping once a month!
- If you cannot do a full 24 hours do 12 hours but do it under the parameters of really stopping, resting, delighting, and worshipping, being fully present to God and to others.
- Give it some time for you to begin experiencing true rest in all of yourself. Don't expect the first time you do it to feel like you are on cloud nine and all your worries and burdens go away. It will take time for you to begin to learn how to fully be present with God and others and fully surrender your worries and anxieties that you are carrying.

As you begin to make Sabbath a normal routine in your life you will begin to experience the easy yoke of being His Apprentice and your soul will begin to experience the rest that it will need to build resiliency.

### Reflection Questions

1. Have you ever thought of Sabbath as an essential component to your discipleship to Jesus?
2. How has your understanding of Sabbath change after hearing today's message?
3. If Sabbath was established at creation by God, why do you think it is largely ignored by many Christians?
4. What are some pushbacks that you have today when you hear that Sabbath was designed for us to practice?
5. What can you do in your life to make room for the practice of Sabbath?