

SABBATH:
LAW, LEGALISM, OR LEISURE?

"The Sabbath was made for man, not man for the Sabbath."

Mark 2:27 (NIV)

1. Law –

- Creation:
 - Shabbat— SABBATH: means to STOP.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Genesis 2:2 (NIV)

- Nuakh: means to REST.

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Genesis 2:15 (NIV)

- Mosaic Law: Stop and REST.

"Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

Exodus 20:8-11 (NIV)

- Rest –
 - PHYSICALLY
 - MENTALLY
 - SPIRITUALLY

2. Legalism –

- The law wasn't meant to be OPPRESSIVE but PROTECTIVE. In an effort to be PROTECTIVE the law became OPPRESSIVE.

At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. ² When the Pharisees saw

*this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."
³He answered, "Haven't you read what David did when he and his companions were hungry? ⁴He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. ⁵Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? ⁶I tell you that something greater than the temple is here. ⁷If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. ⁸For the Son of Man is Lord of the Sabbath."*
Matthew 12:1-8 (NIV)

3. Leisure –

- Rest is not necessarily RELAXATION.

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Principles to guide our Sabbath:

- STOP
- REST
- ENJOY
- WORSHIP