

# Deborah's Song

February 26, 2022  
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## Sabbath

What phrases are repeated in Genesis 1 regarding each day of creation?

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What is the significance of evening being mentioned before morning?

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Sabbath is the Hebrew word Shabbat

First mentioned in Genesis 2:2-3 There is no evidence here that man was required to keep the sabbath.

Why did God rest? \_\_\_\_\_

Liberated slaves from Egypt are hearing this message. Reflect on the significance of that message to a slave who has only been measured by production with no rest.

Mark 2:27 The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

Mark 3:1-6-Jesus seems to be reinstating the original intent for the Sabbath. It's a reminder. It's a day that reminds us of God's goodness, and the abundant life we're meant to have.

Sabbath is a gift and a reminder. It is not about what you do, it's about what you're reminded of.

It should remind you:

Where you find value

Where you find rest

Where you find freedom

Why is observing the Sabbath important?

It tells God's narrative to your heart and not the culture's or your own. Believing God's narrative over my own affects my posture and changes my view from scarcity to abundance

Mindset of Scarcity

Mindset of Abundance

1 (Matthew 16:25)	1 (John 10:10)
2 (Matthew 22:29)	2 (Matthew 13:11-12)
3 (Romans 3:23)	3 (James 1:2-8)
4 (Philippians 2:3, Acts 5:1-11)	4 (Hebrews 10:24-25)

Psalm 92-A Psalm for the Sabbath

Reflection: What is God calling my Sabbath to look like?

What do I need to be reminded of?