



The
Abiding
Life



The Abiding Life

Part 5: Sabbath



“If the devil cannot make us bad, he will make us busy.”

-Corrie ten Boom

Genesis 1:1,27-28,31; 2:1-3

¹ In the beginning, God created the heavens and the earth.

²⁷ So **God created man in his own image**, in the image of God he created him; male and female he created them.²⁸ And **God blessed them**. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

Genesis 1:1,27-28,31; 2:1-3

³¹ And God saw everything that he had made, and behold, **it was very good**. And there was evening and there was morning, the sixth day.

¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day **God finished his work** that he had done, and **he rested** on the seventh day from all his work that he had done. ³ So **God blessed the seventh day and made it holy**, because on it **God rested** from all his work that he had done in creation.



WE ARE MADE IN GOD'S IMAGE

Genesis 1:27-28

²⁷ So **God created man in his own image**, in the image of God he created him; male and female he created them.²⁸ And **God blessed them**. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”



GOD WORKS



Genesis 1:1

¹ In the beginning, God created the heavens and the earth.



GOD STOPS



Genesis 2:1

¹ “And on the seventh day God **finished** his work that he had done.”



GOD RESTS

Genesis 2:2-3

² And on the seventh day God finished his work that he had done, and **he rested** on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it **God rested** from all his work that he had done in creation.



GOD DELIGHTS

Genesis 2:2

² And on the seventh day God finished his work that he had done, and he rested.



GOD SANCTIFIES THE SABBATH

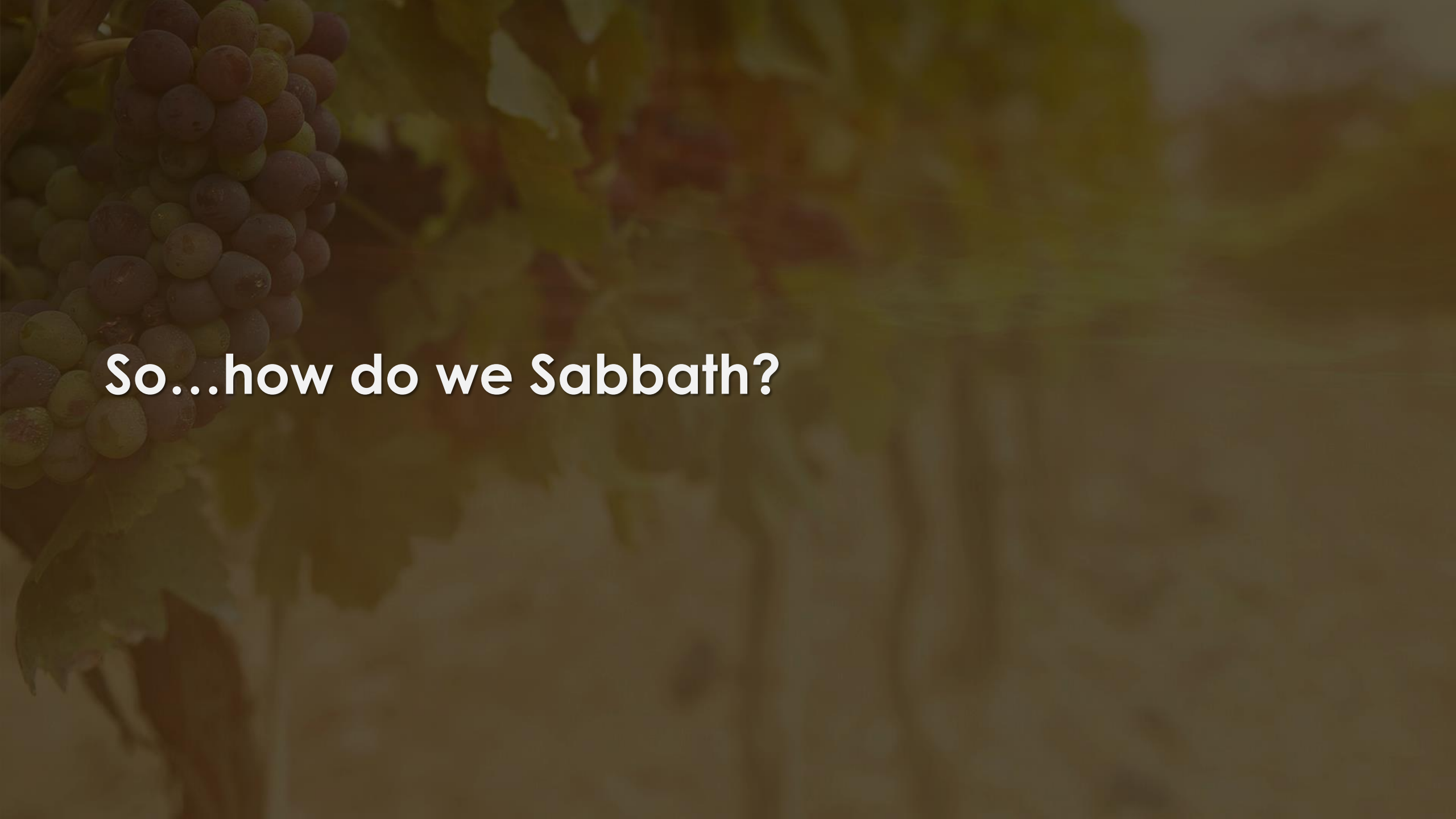


Genesis 2:3

³ “So God blessed the seventh day and **made it holy**”

Exodus 20:8-11

⁸ **“Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



So...how do we Sabbath?



First, we stop.



First, we stop.

Second, we rest.

“Just like work, when it’s done right, is an act of worship, the same is true with rest. You can rest as an act of worship to God. You can even rest to the glory of God. When you enjoy the world as God intended – with a cup of coffee, a nap in a hammock, time with friends, it glorifies God – it calls attention to the Creator’s presence and beauty all around us. And when you do all that in a spirit of gratitude, letting the goodness of your world and life conjure up an awareness of God and a love for him, then rest becomes worship.”

-John Mark Comer in “Garden City”



First, we stop.

Second, we rest.



First, we stop.

Second, we rest.

Third, we delight.

“The Sabbath is an invitation to enter delight. The Sabbath when experienced as God intended it is the best day of our lives. Without question or thought it is the best day of the week. It is the day we anticipate on Wednesday, Thursday, and Friday. And the day we remember on Sunday, Monday, and Tuesday. Sabbath is the holy time where we feast, play, dance, have sex, sing, pray, laugh, tell stories, read, paint, walk, and watch creation. In its fullness, few people are willing to enter the Sabbath and sanctify it, to make it holy, because a full day of delight and joy is more than most people can bear in a lifetime let alone a week.”

-Dan Allender in his book “Sabbath”



First, we stop.

Second, we rest.

Third, we delight.



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This is an invitation to embrace Sabbath-keeping as joy and delight, not obligation and burden.

Hebrews 4:8-16

⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

Hebrews 4:8-16

¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. ¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Hebrews 4:8-16

¹⁴ Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.



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