

## Sabbath: A Gift of Holy Rest

Genesis 2:1–3 reminds us that God completed creation, rested on the seventh day, blessed it, and made it holy. Sabbath, then, is rooted in God's own pattern of creation. It is a **day of holy rest, worship, and celebration of God's goodness**.

As part of the *Habits of Disciples* series, the sermon reminds us that our habits shape who we are. Following Jesus isn't simply about what we believe; it is about the practices we intentionally develop in our everyday lives. These habits are strengthened when we practice them **in community**, encouraging and supporting one another.

Sabbath is presented as an important practice of discipleship. Jesus did not come to abolish God's law but to fulfill it, and Sabbath remains a meaningful part of faithful Christian living. At the same time, Jesus demonstrated that Sabbath is not meant to become a burden of rigid rules. The **spirit of Sabbath** is what matters: making intentional space for rest, worship, relationships, and our relationship with God.

The sermon also recognizes that Sunday isn't necessarily restful for everyone. Some people work Sundays, and for church staff and volunteers, Sunday can actually be a workday. Sabbath can therefore be practiced at another time or even through intentional periods of rest throughout the week. What matters is creating boundaries that allow us to stop, rest, reconnect with God, and appreciate the goodness of life.

Ultimately, Sabbath can become **life-transforming**. In a world filled with anxiety, busyness, and constant rushing, Sabbath reminds us that our identity isn't found in how much we accomplish. We are God's beloved children, created by a good God who continues to work, transform, and redeem us.

### Key Points to Take Away

#### 1. Sabbath is a gift, not a burden.

God gives us permission—even an invitation—to stop working and receive the goodness of life.

#### 2. Rest is part of discipleship.

Following Jesus isn't about being constantly busy. Learning to rest is also a spiritual practice.

#### 3. Sabbath is about more than stopping work.

It is a time to **rest, worship, reconnect, enjoy creation, and nurture relationships**.

#### 4. The spirit matters more than rigid rules.

Sabbath should draw us closer to God, not become another source of guilt or legalism.

#### 5. Sabbath may look different for different people.

If Sunday is a workday, another day or intentional periods of rest can become your Sabbath practice.

#### 6. Worship isn't limited to Sunday morning.

We can worship God while we work, walk, drive, rest, serve, and go about our ordinary lives.

**7. Sabbath reminds us of who we are.**

We are not defined by our productivity. We are God's people—created in love and for love.

**8. Sabbath helps us recognize God's goodness.**

Even in the midst of brokenness and challenges, Sabbath gives us space to notice God's creation, grace, presence, and blessings.

**9. Sabbath is meant to be practiced in community.**

We can encourage one another, learn from one another, and help each other establish healthier rhythms of rest and devotion.

**10. Sabbath can transform our entire week.**

When we intentionally create space for God and rest, it can reshape how we approach our work, relationships, worship, and everyday lives.