

OVERLOADED

We are part of a society that is **maxed out**. We're overwhelmed.

We are overworked, overbooked, and overloaded, in every aspect of life.

If you feel like your life is plagued with stress and hurry and busyness, I have very good news for you. It's called **Sabbath**, and it's in your DNA.

THE SABBATH

Shabbat = "to stop, rest"

Three key passages shape the entire Biblical understanding of this day:

Genesis 2:1-3 - God **rests** on the seventh day and proclaims it holy. God isn't resting because He's tired, but because Creation is complete.

Exodus 20:8-11 - **Remember** the Sabbath by keeping it unique and set apart. How? By not working. Why? To remember Creation.

Deuteronomy 5:12-15 - **Observe** (guard, keep, protect) the Sabbath, but here it is to remember when God delivered them from Egypt.

Sabbath points backward and forward.

Sabbath points back to creation and our deliverance, and it points forward to new creation and ultimate deliverance.

WHAT IT MEANS

Sabbath means resting.

We rest *from* and we rest *in*—we rest from our work and our distractions; we rest in what God has done and will do.

Sabbath means resetting.

To recenter yourself in Jesus, to reorient your heart towards God.

Sabbath means resisting.

Because this rhythm of rest isn't natural, we have to push back against whatever threatens this block of time.

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SABBATH Q&A

When is Sabbath?

The **seventh** day (Genesis 2:1-3). The day cycle at Creation doesn't go midnight to midnight like we're used to. It goes sundown to sundown. The biblical Sabbath would be Friday sundown until Saturday sundown.

Is Sabbath all that important?

Sabbath is the only spiritual practice that makes it into the 10 Commandments. Not Bible study, prayer, or going to church. Sabbath. This rhythm of rest is wired into our design, and we resist it at our own risk.

Wasn't Sabbath just a Jewish thing, like animal sacrifice?

Sabbath precedes the Jewish nation (it goes back to Creation) and it continues after the Gospel spreads to the nations. Ceremonial and ritual laws for the nation of Israel were done away with at Jesus' death, but Sabbath isn't in this category. Mark 2:27: "The Sabbath was made for *man*," not just the Jews.

Didn't the disciples change it to Sunday to celebrate the resurrection?

No. The New Testament only mentions the first day of the week eight times. Five of those times just say when the women went to Jesus' tomb. The other three just mention the disciples having a meeting together on that day. None of these show any sign of Sabbath moving to Sunday, nor that they were starting a new ritual to commemorate the resurrection.

But isn't Sabbath considered Sunday today? Why is that?

In the first three centuries of the Christian church, the holy day of worship gradually moved to Sunday. But none of these changes are present in the Bible or were motivated by the Bible. The shifts were always motivated by political and social reasons.

WHY THE SEVENTH DAY MATTERS

Celebrating Sabbath on the day God chose, rather than on another day that's more convenient, shows that our focus is on Him. Sabbath isn't just about therapeutic self-care. It's about re-centering our lives around God.

Sabbath is not duty. It's delight. It's a gift to live by this rhythm.

How can you rest, reset and resist for these 24 hours each week?

There remains, then, a Sabbath-rest for the people of God.... Let us, therefore, make every effort to enter that rest. (Hebrews 4:9, 11)

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