

The Gift of Sabbath

“The Sabbath was made for man, not man
for the Sabbath...”

Mark 2:27

God Gives Great Gifts

Every good and perfect gift is
from above...

James 1:17

Work doesn't work!

- In order to appreciate the gift of Sabbath we must first appreciate the gift of work.
- God gave Adam jobs to do, work preceded the fall. Genesis 2:19
- God is so good even his punishments bring blessings. Genesis 3:19
- I can build my identity around my work, what I can do and what I can accomplish.

- Work is incomplete, it needs help. In order to work hard I must stop working once and awhile.
- God stopped and rested after creation not because he was tired but to **enjoy** his creation.
- Sabbath is a gift to us, to help us know God and enjoy him, *"taking the rest of God to know the rest of God"* Mark Buchanan

Practice Heaven

- There is no reason to believe that there won't be work in heaven.
- Then there is no reason to believe there won't be need for rest.
- God blessed the Sabbath before sin entered the picture.
- God is more interested in a Sabbath heart than a Sabbath day. Hebrews 4
- The gift of Sabbath is the gift of ***Stopping & Celebrating.***

Stopping to..

- ***Stopping to think anew***
- Stopping to find what is missing
- Stopping to see Gods bigness
- Stopping to number our days aright
- ***Stopping to remove the task masters***
- **Stopping legalism**

- Stopping to waste time
- Stopping to become whole
- Stopping to taste the kingdom
- Stopping to hear God
- Stopping to see forever

Stopping to think anew...

- ***"Come to me, all you who are weary and burdened, and I will give you rest.*** In order to come to Jesus, I must stop going!
- God is more interested in changing our minds and hearts than changing our circumstances.
- Sabbath does this.
- We move from *Khronos* into *Kairos*. Taking time not to be controlled by time.

Stopping to remove the taskmasters

- Exodus grounds the Sabbath in Creation, Deuteronomy grounds it in Liberation
- Taskmasters say “you have no right to rest”
- We are free from our taskmasters!
- Sabbath brings liberation. *“Dad said I didn’t have to anymore”*

Stopping Legalism

- God gave Sabbath as a gift, to stop doing the necessary.
- God gave the Sabbath to bring life.
- Sabbath has the sent of eternity, it's another way of "*Practicing Heaven*"
- "Busyness has a way of making us stop caring about the things we care about."

Mark Buchanan

The Golden rules of Sabbath

- ***Cease from what is necessary.***
- ***Consider the Gift Giver***
- ***Embrace what brings Life!***

***God loves to play more
than you do!***