

unplug!!

Plug Into “Sabbath”

Sabbath: from the Hebrew word shabbot - “to cease and desist”; the stopping of work - combined with rest

Why Was the Sabbath Important for God’s People in the Old Testament?

The Sabbath honored God:

Exodus 20:8- Remember the Sabbath day by keeping 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, neither you, nor your son, or your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.

11- For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

The Sabbath pointed God’s people to His greater plan:

Exodus 31:12- Then the LORD said to Moses,

13- “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy...’

17- It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested.’”

The Sabbath provided ongoing opportunity for God’s people to demonstrate trust:

Leviticus 25:1- The LORD said to Moses on Mount Sinai,

2- “Speak to the Israelites and say to them; ‘When you enter the land I am going to give you, the land itself must observe a Sabbath to the LORD. 3- For six years sow your fields, and for six years prune your vineyards and gather their crops.

4- But in the seventh year the land is to have a Sabbath of rest, a Sabbath to the LORD. Do not sow your fields or prune your vineyards...’

18- “Follow my decrees and be careful to obey my laws, and you will live safely in the land.

19- Then the land will yield its fruit, and you will eat your fill and live there in safety.

20- You may ask, “What will we eat in the seventh year if we do not plant or harvest our crops?”

21- I will send you such a blessing in the sixth year that the land will yield enough for three years.

22- While you plant during the eighth year, you will eat from the old crop and will continue to eat from it until the harvest of the ninth year comes in.”

What Effect Did Jesus Have On the Sabbath?

Jesus established His authority over the Sabbath:

Luke 6:6- On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled.

7- The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath.

8- But Jesus knew that they were thinking and said to the man with the shriveled hand, “Get up and stand in front of everyone,” So he got up and stood there.

9- Then Jesus said to them, “I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?”

10- He looked around at them all, and then said to the man, “Stretch out your hand.” He did so, and his hand was completely restored.

11- But they were furious and began to discuss with one another what they might do to Jesus.

Mark 2:27,28- Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

28- So the Son of Man is Lord even of the Sabbath.

What Effect Did Jesus Have On the Sabbath? (continued)

Jesus brings freedom from the requirements of the Sabbath:

Romans 14:5- One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind.

6- He who regards one day as special, does so to the Lord. He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God.

7- For none of us lives to himself alone and none of us dies to himself alone.

8- If we live, we live to the Lord; and if we die, we died to the Lord. So, whether we live or die, we belong to the Lord.

Jesus is the Fulfillment of the Sabbath:

Colossians 2:16- Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

17- These are a shadow of the things that were to come; the reality, however, is found in Christ.

18- Do not let anyone who delights in false humility and the worship of angels disqualify you for the prize. Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions.

19- He has lost connection with the Head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

20- Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules:

21- “Do not handle! Do not taste! Do not touch!”?

22- These are all destined to perish with use, because they are based on human commands and teachings.

23- Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

3:1- Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.

2- Set your minds on things above, not on earthly things.

3- For you died, and your life is now hidden with Christ in God.

How Does Sabbath Fit In Our “Crazy, Busy” Lives?



Hebrews 4:8- For if Joshua had given them rest, God would not have spoken later about another day.

9- There remains, then, a Sabbath-rest for the people of God;

10- for anyone who enters God’s rest also rests from his own work, just as God did from his.

11- Let us therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.



Mark 6:30- The apostles gathered around Jesus and reported to him all they had done and taught.

31- Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”



Luke 4:14- Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.

15- He taught in their synagogues, and everyone praised him.

16- He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue as was his custom. And he stood up to read.

Luke 5:15- Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses.

16- But Jesus often withdrew to lonely places and prayed.