



# REDISCOVERING THE LOST ART OF SABBATH

F U L L N E S S

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*"He makes me lie down in green pastures." Psalm 23:2a*

Sabbath is resting in the finished worked of Christ.

We were not made to rest; we were made to work, but we work more effectively when we rest. Sabbath is counter-intuitive.

Rest says...

- » When I quit working, God picks up the slack.
- » God is my boss and He's big enough to tell me when to stop.
- » He is God and I am not.
- » When I sleep, God doesn't.
- » Today I will accomplish more by doing nothing, knowing that what God does is more important than what I do.

## 5 Sabbath Benefits

*"The Sabbath was made for man, not man for the Sabbath.' So the Son of Man is Lord even of the Sabbath." Mark 2:27-28*

### 1. **Sabbath grows our faith**...like every step of obedience.

*"He makes me lie down." Psalm 23:2a*

*"Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work..." Exodus 20:9-10*

### 2. **Sabbath restores our soul and increases our capacity.**

*"He restores my soul." Psalm 23:3*

*"Come with me by yourselves to a quiet place and get some rest." Mark 6:31*

### 3. **Sabbath declares the supremacy of Christ over our lives** – our work, our dreams, our resources. Specifically, it declares that my acceptance, my significance and my security are all in Christ.

*"He guides me in paths of righteousness for His names' sake. Psalm 23:3-4*

*"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.' The mouth of the LORD has spoken." Isaiah 58:13-14*

#### 4. **Sabbath gives us extended time to listen.**

*"Your rod and your staff, they comfort me." Psalm 23:4b*

*"He wakens me morning by morning, wakens my ear to listen like one being taught. The sovereign LORD has opened my ears, and I have not been rebellious; I have not drawn back." Isaiah 50:4b-5*

*"My sheep listen to my voice; I know them, and they follow me." John 10:27*

#### 5. **Sabbath gives God time to get out in front of us** (for us to fall in behind Him)!

*"You prepare a table before me...surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever." Psalm 23:5a, 6*

*"Then you will find your joy in the LORD and I will cause you to ride on the heights of the land..." Isaiah 58:14*

### **Fred's Sabbath Secrets**

1. **Journal** – Consistently writing down what you see God doing and what you hear Him saying will help you praise, process and gain perspective.

- » Praise
- » Process
- » Gain perspective

2. **Have fun** – Rest does not necessarily mean the absence of activity, but a change in activity and to some degree the absence of responsibility.

- » Change scenery
- » Change activity
- » Change responsibility

3. **Receive** – The key to Sabbath is not what you give up, but what you gain.

- » Receive in your spirit – Christ will revive your spirit. Receive words from God.
- » Receive in your soul – Mind, will and emotions.
- » Receive in your body – Physical exercise or rest.

4. **Worship** – It's vital that we understand all of life is worship to Christ, particularly our vacation time, weekend spare-time, me-time.

*"The Son of Man is Lord even of the Sabbath." Mark 2:28*

5. **Remain fluid** – Sabbath is a mindset, or orientation of soul, more than a list of rigid guidelines.

- » Sometimes on our Sabbath we want a rigorous workout, and sometimes we want to sleep all day.
- » Sometimes we want to have friends over, and other times we want to be alone.
- » Sometimes we want to read continually, and sometimes we want to veg out.

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