The Sabbath

GOD'S GIFT FOR REST



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THE SABBATH

a mini devotional

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DAY 1
REST IS A GIFT

REMEMBER THE SABBATH DAY, TO KEEP IT HOLY. EXODUS 20:8 KJV



I remember learning about the Sabbath from my mom. Growing up mom literally took the sabbath to mean no work. So, on Sundays, we couldn't clean, iron, cook, cut grass, anything she deemed as work. We often prepared for Sunday by ironing, cooking, and cleaning on Saturdays. Although we didn't understand it, we honored our mom by way of observing the sabbath in this way.

But what I found as I got older, was Sabbath wasn't limited to a Sunday, or a Saturday, or any specific day for that matter, instead it is simply a time for rest. And it may look different for each of us.

Sometimes rest can be thrown into the category of self-care. But I employ you to make a shift this thought and begin to think of rest as soul care. Think of rest as not a nice to have but a need to have. Begin to look at rest as something ordained by God Himself, as something we need to live the life God has intended for us to live. The abundant life.

Rest is important to God. Thus, it should be important to us.

Sabbath is not a religious thing. It's not about following a rule. Instead, it's accepting a gift from God.

Mark writes, "And he said unto them, The sabbath was made for man, and not man for the sabbath:" (Mark 2:27 KJV).

So, the sabbath was made for you.
Rest is a gift. We just need to accept it and rest in it.

Food for thought:
While you rest, God continues to work. He never slumbers and he never sleeps.

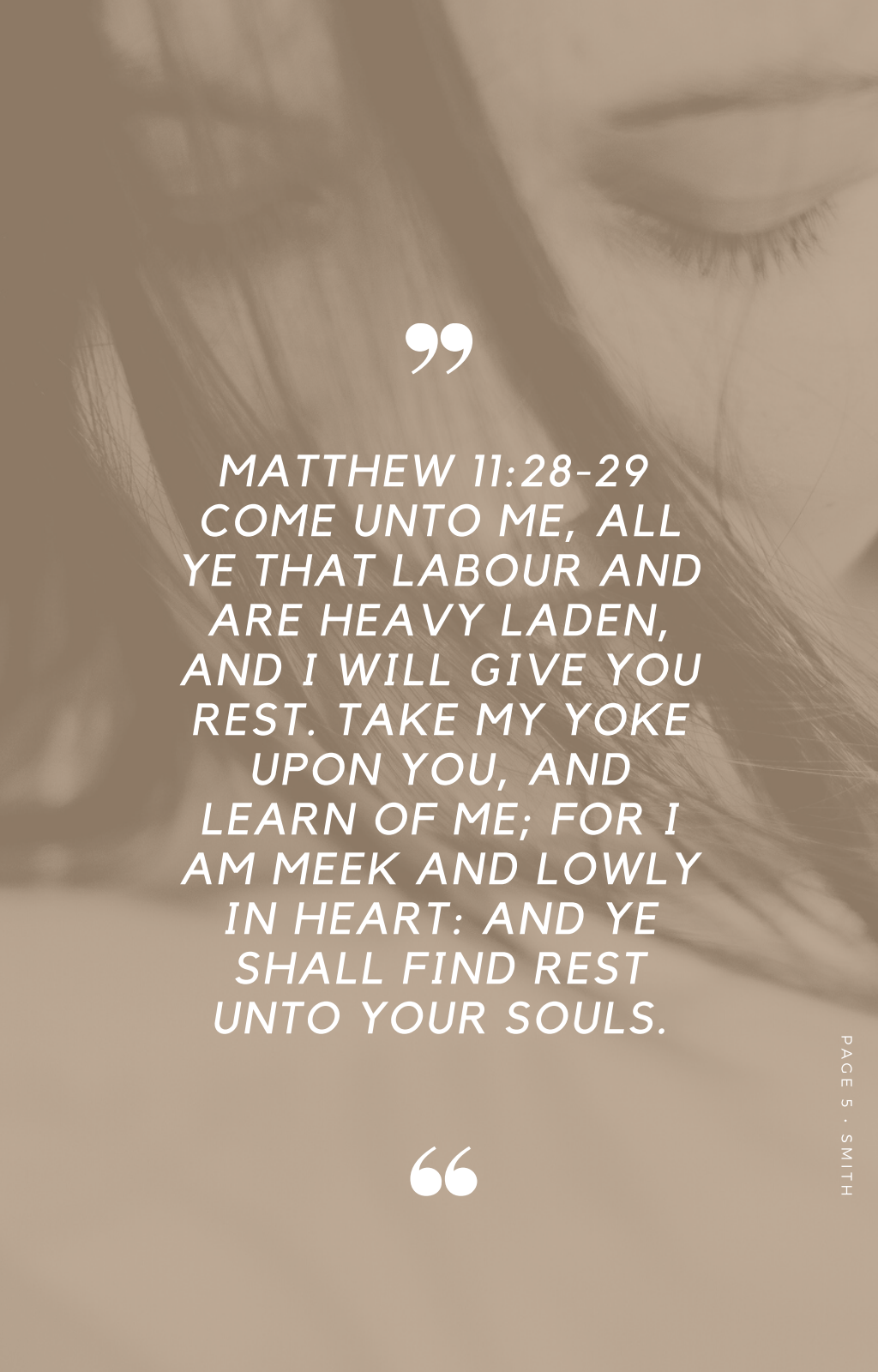
You can trust your times of rest with the Father.

THE SABBATH

Journal Time

HOW WOULD YOU DESCRIBE YOUR TIMES OF REST?

DATE _____



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MATTHEW 11:28-29 COME UNTO ME, ALL YE THAT LABOUR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU, AND LEARN OF ME; FOR I AM MEEK AND LOWLY IN HEART: AND YE SHALL FIND REST UNTO YOUR SOULS.

“

DAY 2 - REST IS HOLY WORK. REST TAKES WORK.

AND ON THE SEVENTH DAY GOD ENDED HIS WORK WHICH HE HAD MADE; AND HE RESTED ON THE SEVENTH DAY FROM ALL HIS WORK WHICH HE HAD MADE. AND GOD BLESSED THE SEVENTH DAY, AND SANCTIFIED IT: BECAUSE THAT IN IT HE HAD RESTED FROM ALL HIS WORK WHICH GOD CREATED AND MADE. GENESIS 2:2-3 KJV

Have you ever taken a vacation and found yourself just as tired as you were before you left? Like the day after vacation, you were wiped out? Like, I need a vacation because of the vacation. I can say, I've experienced this before kids, as well as after kids.

But the verses above affirm how God indeed worked, he created the Heavens and the earth in 6 days. Then on the 7th day he rested.

And what caught my attention in these verses is how God blessed rest and he sanctified test. Rest is holy.

But I want you to know that it's not just about taking a nap. What we do with our times of rest is just as important as the rest itself.

Take the vacation illustration, think of all the prep work that goes into a vacation. Sometimes the planning of it all can be so exhausting to the point, in my mind, it's like maybe we should just stay home. It's exhausting. But when we get everything packed, get on the road, and especially when we reach our destination...it's all worth it.

It's the same with taking and making time to rest in the Lord. It is needed. It is possible.

And we have Jesus as our example. We find him many times in the New Testament taking time to get away, to get quiet, and to pray. The Apostle Paul wrote, "There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief" (Hebrews 4:9-11 KJV).

We must labour therefore to enter into that rest.
Other translations say to "Make every effort to enter that rest".

It is so very worth it to find rest in the Lord.



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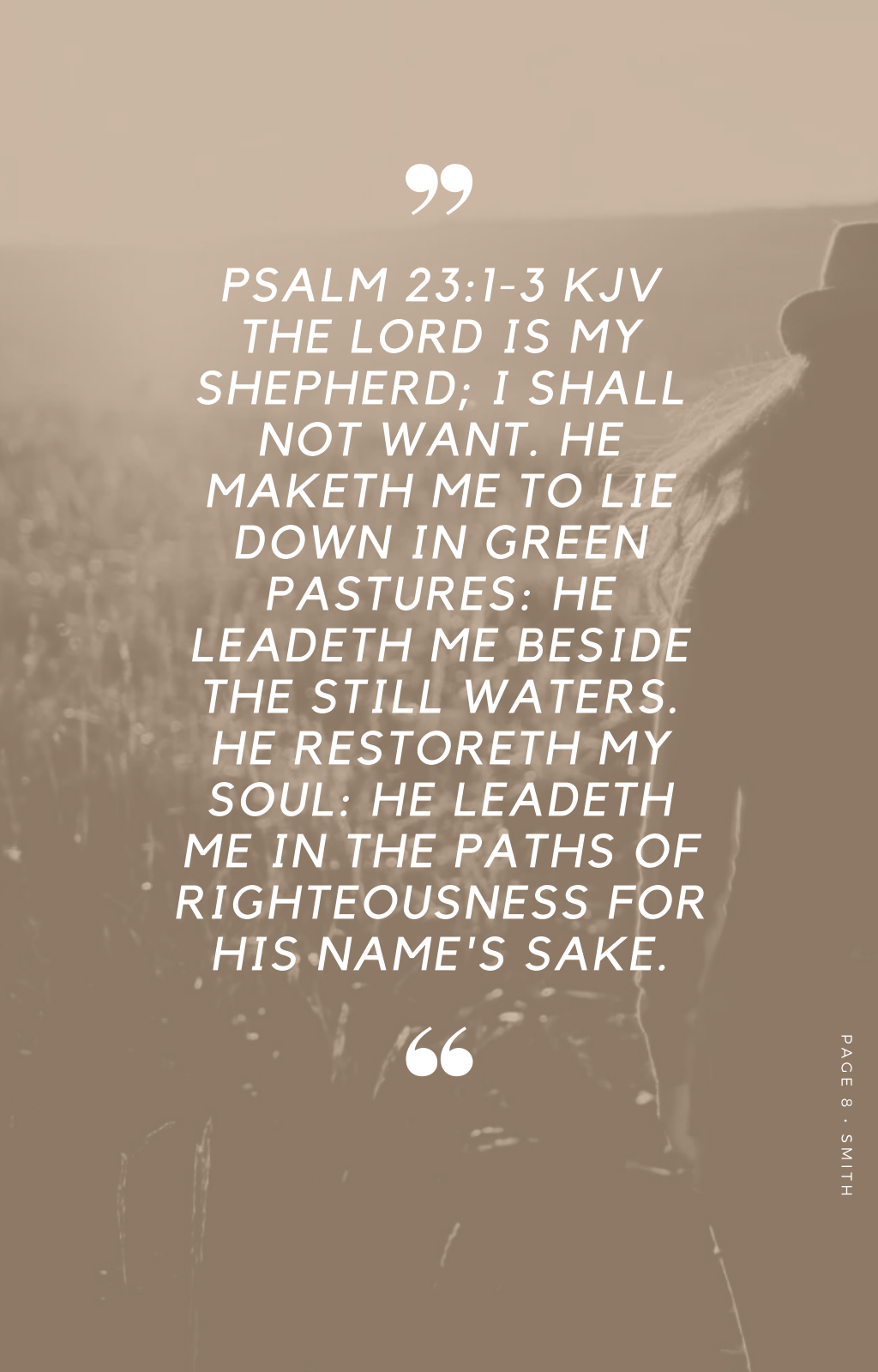
Journal Time

WHAT THINGS DO YOU ENJOY DOING THE MOST?

DATE _____



PSALM 23:1-3 KJV THE LORD IS MY SHEPHERD; I SHALL NOT WANT. HE MAKETH ME TO LIE DOWN IN GREEN PASTURES: HE LEADETH ME BESIDE THE STILL WATERS. HE RESTORETH MY SOUL: HE LEADETH ME IN THE PATHS OF RIGHTEOUSNESS FOR HIS NAME'S SAKE.

DAY 3
REST RENEWS AND REFRESHES

IT IS A SIGN BETWEEN ME AND THE CHILDREN OF ISRAEL FOR EVER: FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, AND ON THE SEVENTH DAY HE RESTED, AND WAS REFRESHED. EXODUS 31:17 KJV

What happens when a baby doesn't get enough rest? They get tired, whiney, cranky, hard to soothe or calm…

What happens to us as adults when we don't get enough rest? The same. We get tired, whiney, and cranky…and it leaks out into our day-to-day life.

We are ill and short-tempered, lack patience, snappy, have bad attitudes, etc. And it's not that we are bad people, we simply just have neglected the Sabbath, times of rest and refreshing. These are some of the consequences of neglecting rest.

God wants us renewed and refreshed. Further, when we practice the sabbath, we get to enjoy even more benefits.

Look at Psalms 92:12-14. The Psalmist David wrote, "The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. Those that be planted in the house of the Lord shall flourish in the courts of our God. They shall still bring forth fruit in old age; they shall be fat and flourishing".



When we observe the sabbath, we not only will be renewed and refreshed but we will also enjoy growth, and health, and bear fruit of the Spirit even in old age.

In implementing times of sabbath, whether incorporating it into your day, your week, or even your vacation, you can use these 4 characteristics of the sabbath from Peter Scazzero: Pause. Rest. Delight. Contemplate.

Take time to stop from your work. Take a break from your work. Do something you enjoy. Read and meditate on scripture. Add in these 4 elements in no particular order and see how your times of rest change and how it affects the rest of your time and other areas of your life.

Now you may ask, how do I make time for rest? Stephen Covey says, "The key is not to prioritize what's on your schedule but to schedule your priorities".

You must make rest a priority. Include the rest in your calendar. So that we make the Sabbath a priority in our life.

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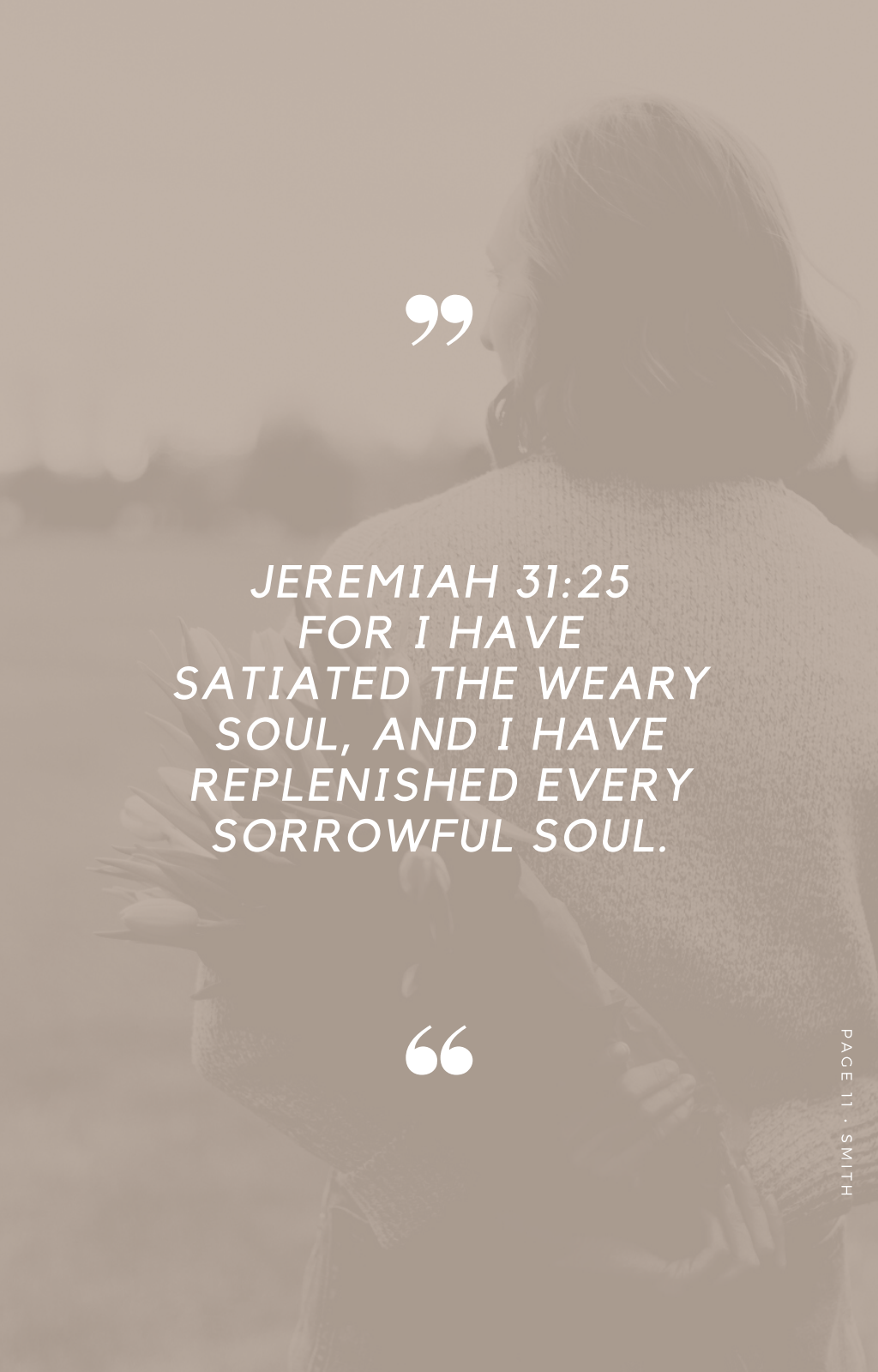
Journal Time

LIST WAYS TO PUT WHAT YOU'VE LEARNED INTO ACTION.

DATE _____



JEREMIAH 31:25
FOR I HAVE SATIATED THE WEARY SOUL, AND I HAVE REPLENISHED EVERY SORROWFUL SOUL.



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Natasha is a writer, speaker, and podcaster, sharing stories on faith, family, and grief. Her mission is to inspire others to do life better through intentional faith in Jesus.

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