

Sabbath

Simply Said

The Sabbath is a set-apart 24-hour period dedicated to the elimination of busyness and usual work, focused on rest, worship, and activities that bring attention to God and fill you with joy/delight.

What is Sabbath?

The word Sabbath is translated as “to stop” or “to cease”. God creates one more thing when he finishes the sixth day and starts the seventh day. He creates rest. He stops, looks at all he has done, and makes something in the rhythm of all of creation – Sabbath. He then makes this day holy and sets it apart. As his children, we receive our loving Father’s gift and once a week we stop/cease work, we rest, we worship, and we take time to be filled with the delight of the gifts from our God. We do this through¹:

- 1. Stopping**—we cease all working, all thinking about working, all worrying and all wanting.
- 2. Resting**—we rest our soul, meaning, our whole person. Physical: we sleep. Mental and emotional: we calm down, relax, and process the week. Spiritual: we cease our striving and rest in God’s love for us through abiding.
- 3. Delighting**—we fill our soul with activities that spark joy, wonder, gratitude, and happiness, such as eating good food, walking in nature, spending time with family or friends, listening to music, playing games, making love to our spouse, or just having fun before God.
- 4. Worshiping**—we index our hearts toward grateful praise and adoration of God, and we surrender our life to him, one week at a time.

Do We Still Need Sabbath?

Whenever we ask people how they are, they often respond with, “Good, just busy”. Growing kids, endless work, family drama, the house that always needs to be cleaned, homework that’s due, and endless content on our devices leave us tired. God has created a rhythm from creation for us to be able to contribute to this world through work and to have a deep rest within our souls. In the depths of all of us, we want Sabbath. The reason is because God created it in us and for us.

What Sabbath Teaches Us About God

God is fully Sovereign and Provident. God is sovereign meaning that everything he decides to do comes to pass. We see this on display in his ability to restore our lives and restore creation through the life, work, death, resurrection, and eventual return of Jesus. God is also provident, meaning that God sustains and upholds all things. Sabbath is a physical practice that reminds us of these truths. Even when we cease work, God’s will comes to pass, and the world (as well as our world) is upheld.

What Sabbath Teaches Us About Man

On the other side of this, man is limited. Our bodies, minds, souls, and lives are limited. We can often try to live as if we are limitless and that leaves us burnt out. Through Sabbath, we resist the temptation of more (one more workday, one more purchase, etc.) and we confess our limits through ceasing and focusing our worship on a God who works beyond our limits.

¹ List from “How to Un-burry Workbook” by John Mark Comer