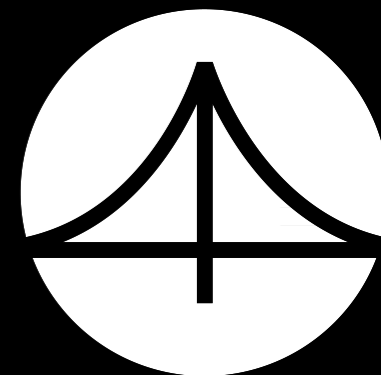


Abide: Sabbath

Deuteronomy 5:12-15



“Biblical Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.”

– Peter Scazzero

**Practicing Sabbath makes
room for abiding in Jesus.**

**1. The Command of
Sabbath**

2. The Challenge of Sabbath

3. Christian Sabbath

The Command of Sabbath

We are commanded to keep the Sabbath because:

1. God says to
2. God models Sabbath-keeping for us

**“For in six days the Lord made heaven and earth,
the sea, and all that is in them, and rested on the
seventh day. Therefore the Lord blessed the
Sabbath day and made it holy.”**

– Exodus 20:11

The Command of Sabbath

We are commanded to keep the Sabbath because:

1. God says to
2. God models Sabbath-keeping for us
3. It is a matter of justice

“But the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.”

– Deuteronomy 5:14

The Command of Sabbath

We are commanded to keep the Sabbath because:

1. God says to
2. God models Sabbath-keeping for us
3. It is a matter of justice
4. God saved us

“You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.”

– Deuteronomy 5:15

The Command of Sabbath

We are commanded to keep the Sabbath because:

1. God says to
2. God models Sabbath-keeping for us
3. It is a matter of justice
4. God saved us
5. God's promises to us

Deut. 5:12-15

The Challenge of Sabbath

1. We build our lives around the wrong things
 - Idolatry - building our lives around things that aren't God
 - Trying to build our lives around idols makes us slaves
2. We're afraid what we'll find in ourselves if we slow down

“[These pastors] can’t stop. If they stop, they’ll die. They’re terrified. They’re frightened to death of what they’ll see inside themselves if they slow down... Something so much deeper is driving them; they just have no idea what it is.”

– A Christian Psychologist, quoted by Peter Scazzero

The Challenge of Sabbath

1. We build our lives around the wrong things
 - Idolatry - building our lives around things that aren't God
 - Trying to build our lives around idols makes us slaves
2. We're afraid what we'll find in ourselves if we slow down
 - We're slaves to our fears

Slaves can't Sabbath, because slaves don't get days off

Deut. 5:12-15

Christian Sabbath

- Slavery to sin is behind our slavery to work and fear

“Truly, truly, I say to you, everyone who practices sin is a slave to sin... [But] if the Son sets you free, you will be free indeed.”

– John 8:34, 36

Christian Sabbath

- Slavery to sin is behind our slavery to work and fear
- Jesus sets us free from our slavery to sin
- The gospel sets us free to rest

Christian Sabbath

Practical Tips:

1. Find what works for you	2. Start where you are
3. Plan ahead	4. Sabbath as a family (if applicable)
5. Celebrate	6. Make space for worship