**Sabbath**

**Genesis 2:1-3; Exodus 20:8-11**

March 1, 2020

**What is Sabbath, and How do we live it well?**

Shabbat means “to stop,” or “to cease from.”

When we take Sabbath rest, we stop striving, and start being!

The number seven in Scripture is deeply connected with the concepts of fullness and completion, and rest is often associated with it.

God offers His people tastes of his Kingdom through Sabbath rest.

God designed us to operate from a position of rest.

We find our ultimate Sabbath rest in Jesus.

Sabbath is a command!

To Sabbath well, ask yourself: “Will this help me rest and worship?”

Taking it Home:

1. In what ways can I improve my experience of Sabbath rest? What benefits can I expect from it?
2. What will I (or my family and I) do this coming week to establish a rhythm of Sabbath in my life?

**Matthew 11:28-30**  "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

**Mark 2:27**  "The Sabbath was made for man, not man for the Sabbath.”

**Genesis 2:1-3**  Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

**Exodus 20:8-11**  "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 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.

**Exodus 21:2**  "If you buy a Hebrew servant, he is to serve you for six years. But in the seventh year, he shall go free, without paying anything.

**Galatians 4:4-5**  But when the time had fully come, God sent his Son, born of a woman, born under law, 5 to redeem those under law, that we might receive the full rights of sons.

**Revelation 21:5**  He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."