



IN THIS WORKSHOP

INTRODUCTION

PART 1: A BRIEF HISTORY OF THE SABBATH

PART 2: THE MEANING OF THE SABBATH

JOURNAL & SABBATH REVIEW

PART 3: HOW TO BE KEPT BY SABBATH

Q&A

A BLESSING FOR THOSE KEPT BY SABBATH



IN THIS SEMINAR

Answer in the Chat:

Why are you here today? What aspects of Sabbath are you most curious about for your life going forward?



IN THIS SEMINAR

Today we will:

- Consider the biblical invitation to Sabbath
- Consider deeper meanings behind Sabbath
- Journal what the Holy Spirit is speaking to us
- Talk about fresh practices for the "Feast of Sabbath"
- Have some time for Q & A
- A Prayer for Sabbath Flourishing



IN THIS SEMINAR

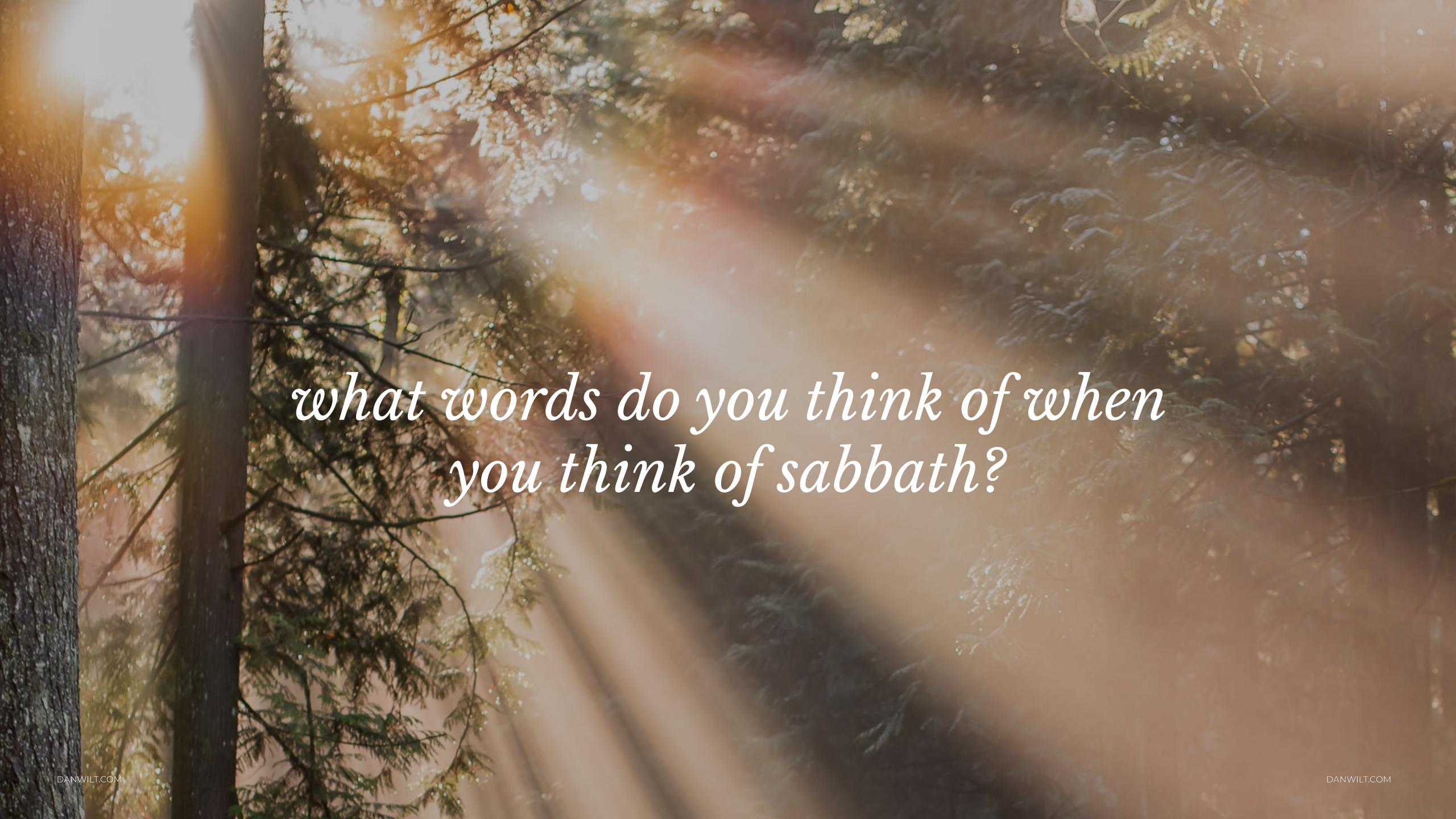
How We'll Proceed:

- Quiet your heart, and make this about you
- Power down your device (do not disturb)
- Journal meaningful words & phrases
- Limit chat except related to questions
- Know that you'll be receiving this PDF, the video, and all the resources by email next week





































































stargazing











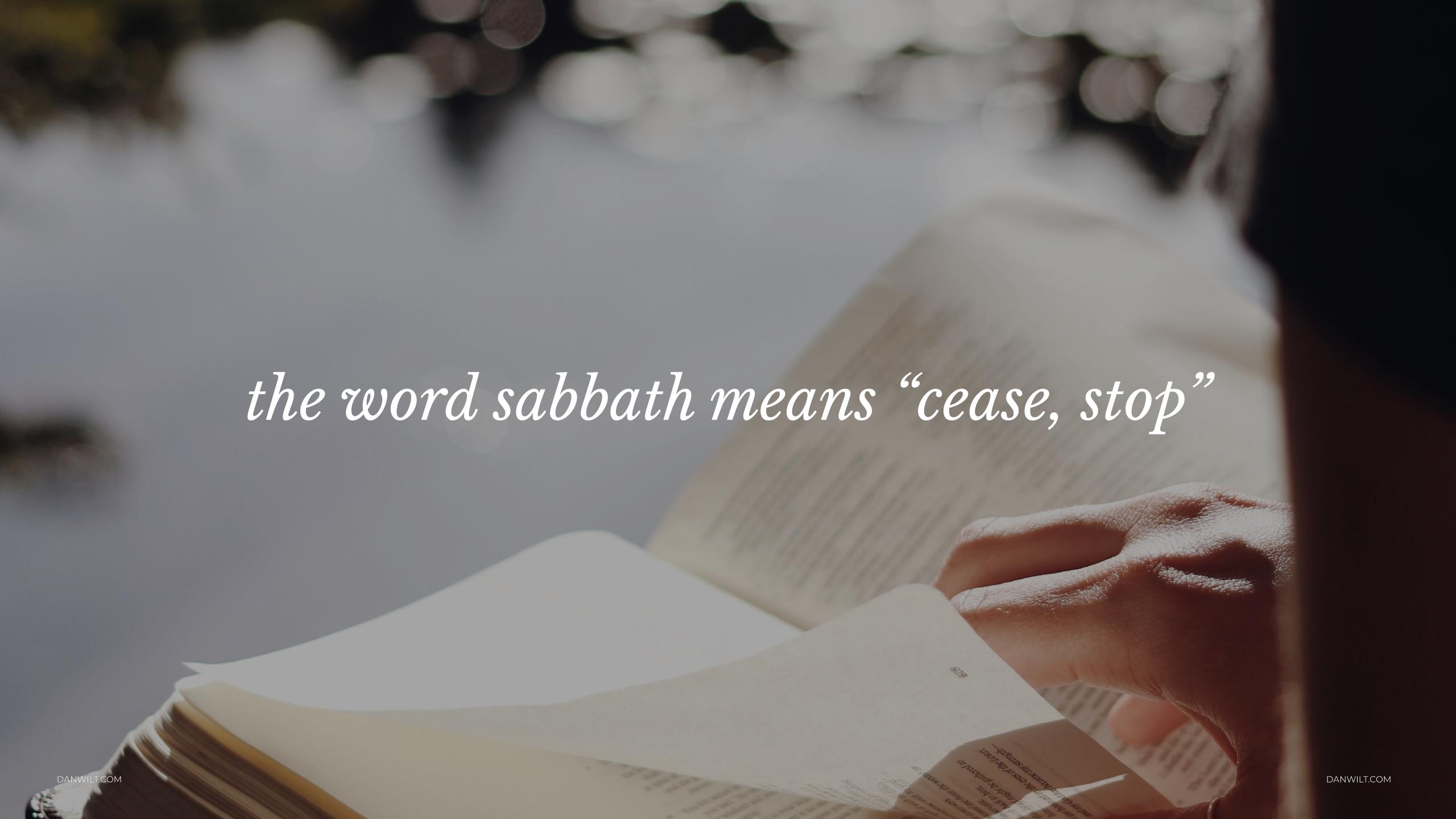
part 1

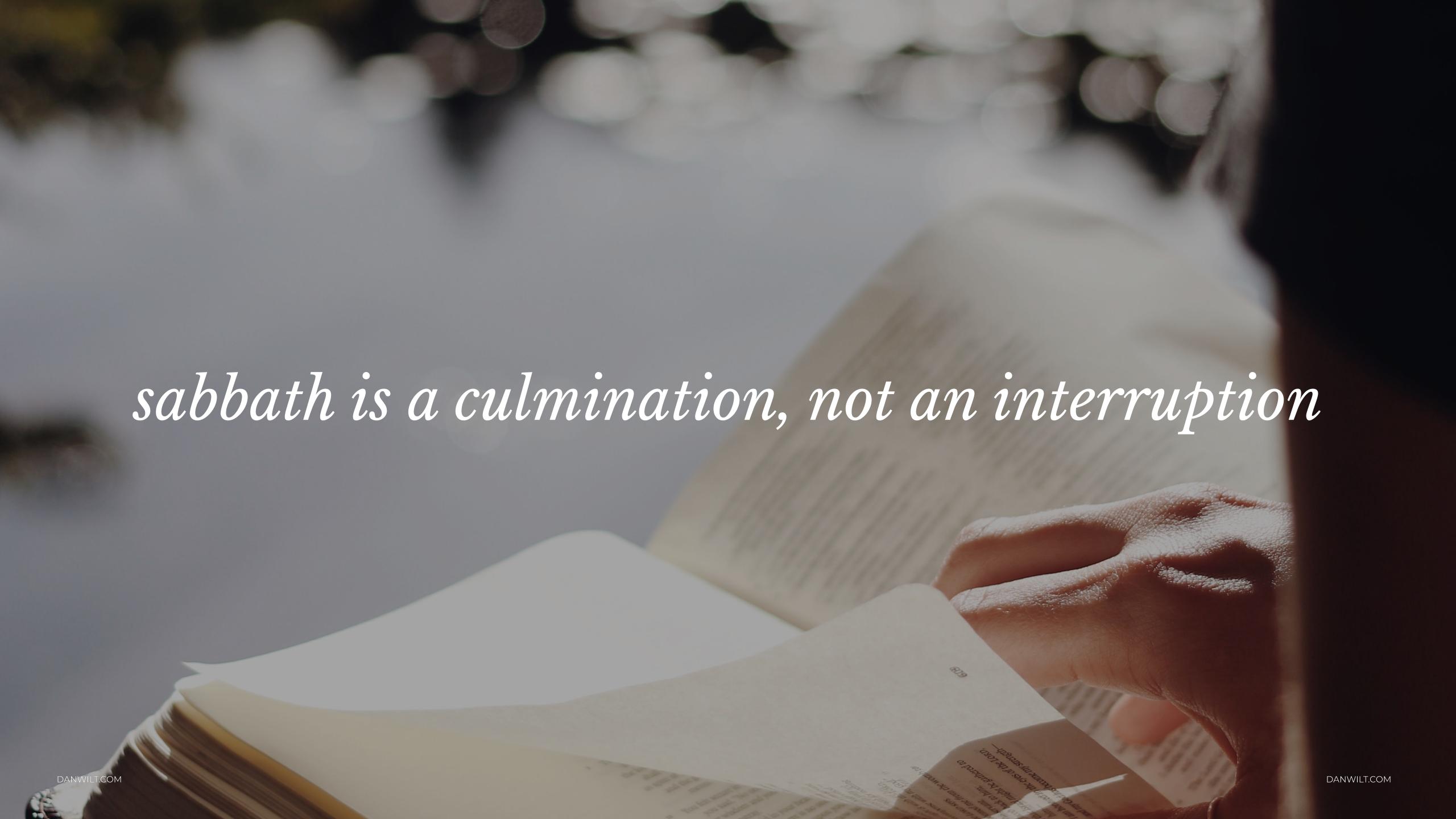
A BRIEF HISTORY OF THE SABBATH



















GENESIS 1:1-5,31

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

And God said, "Let there be light," and there was light. ... And there was **evening**, and there was **morning**—the first day.

... God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.





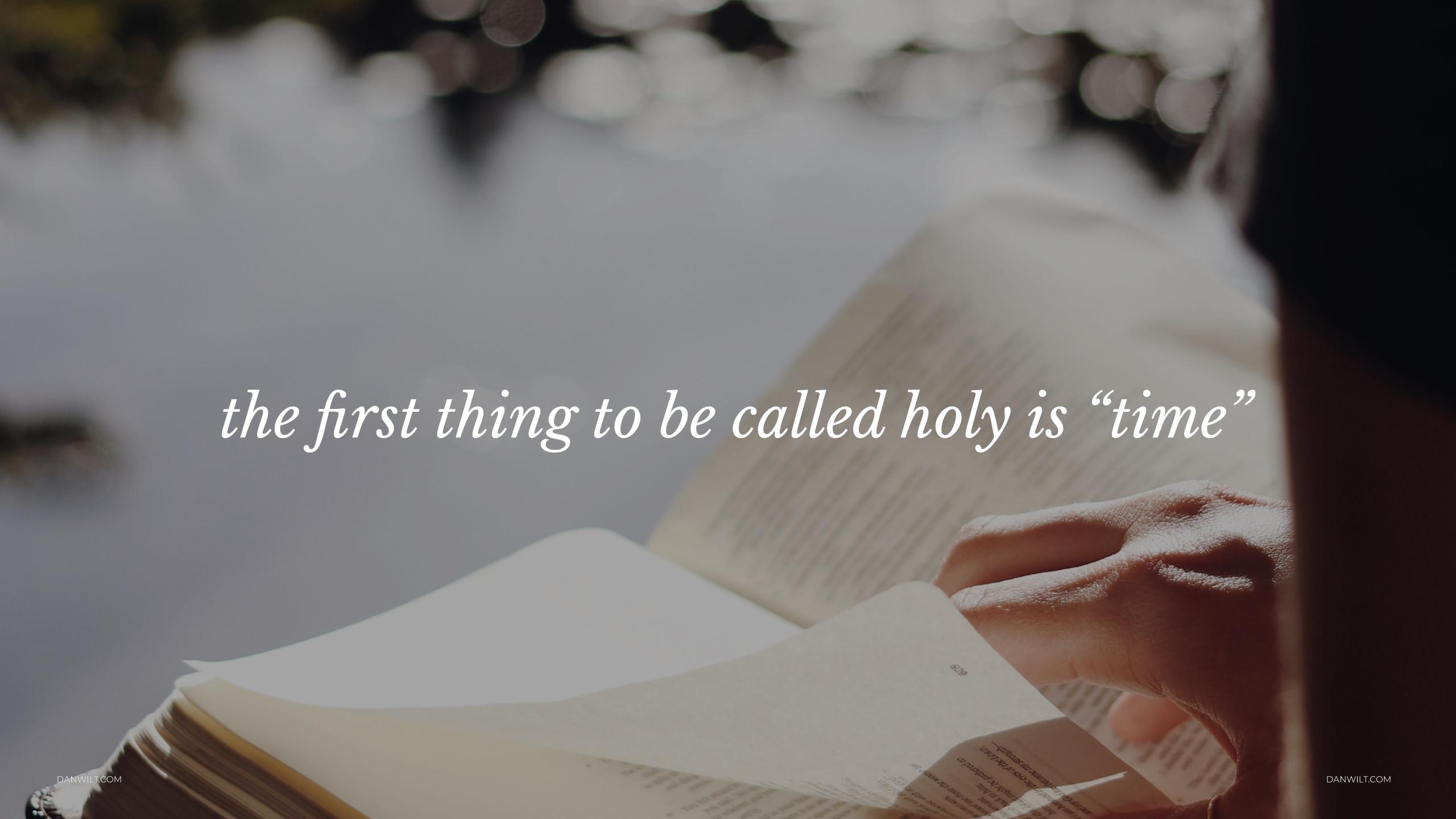


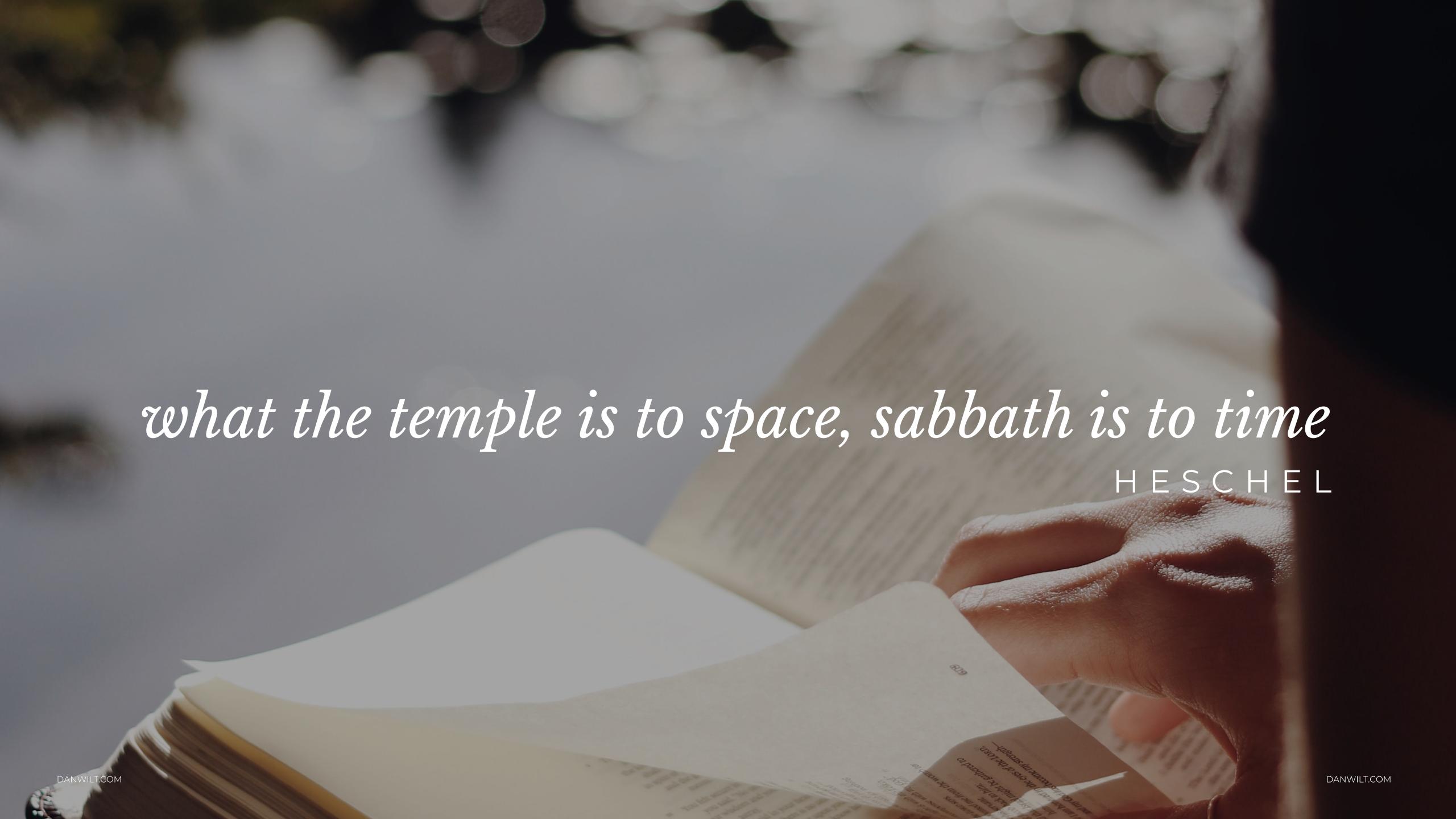
GENESIS 2:1-2

Thus the heavens and the earth were completed in all their vast array.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



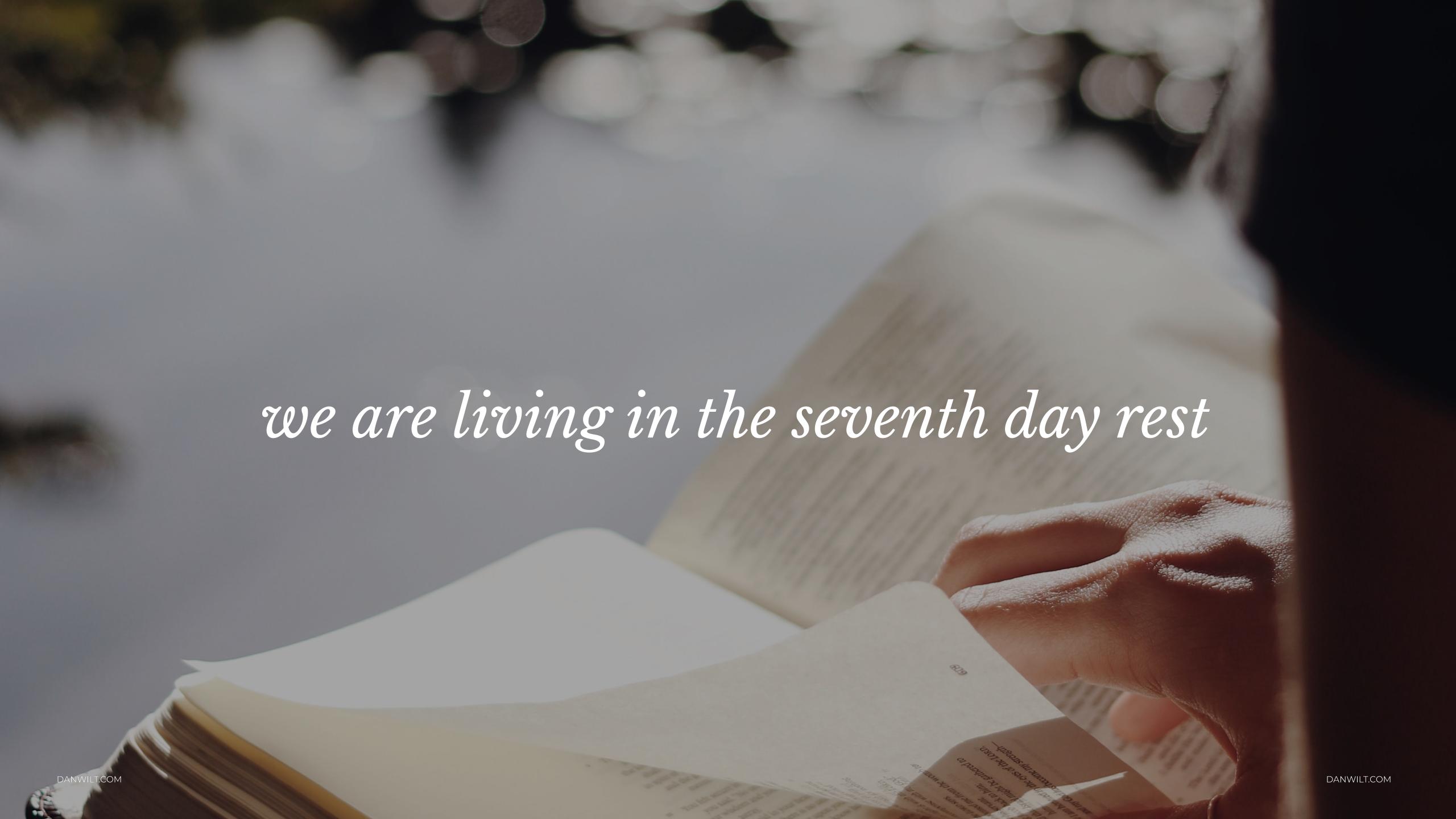


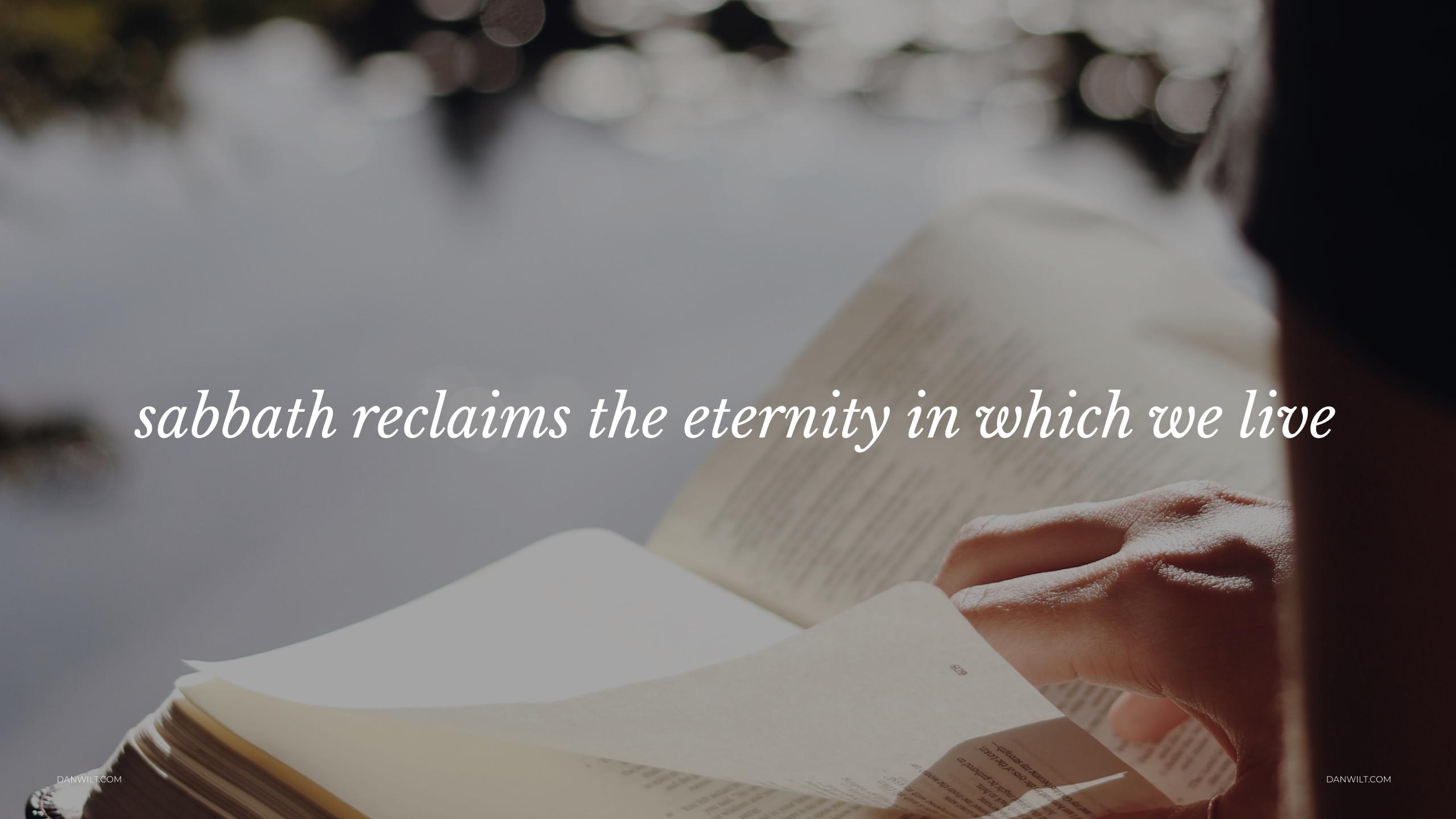






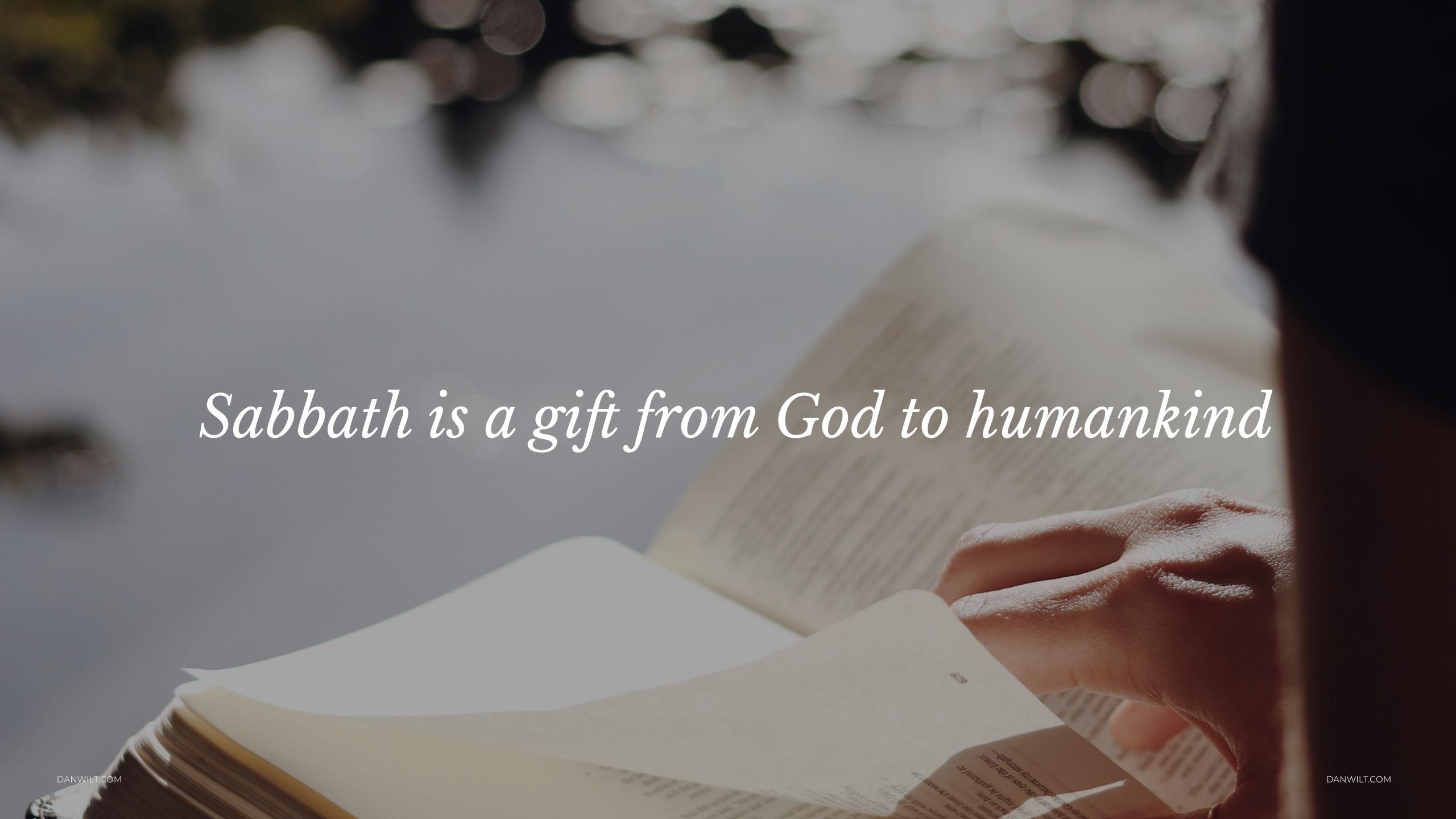








Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out." So the people rested on the seventh day.

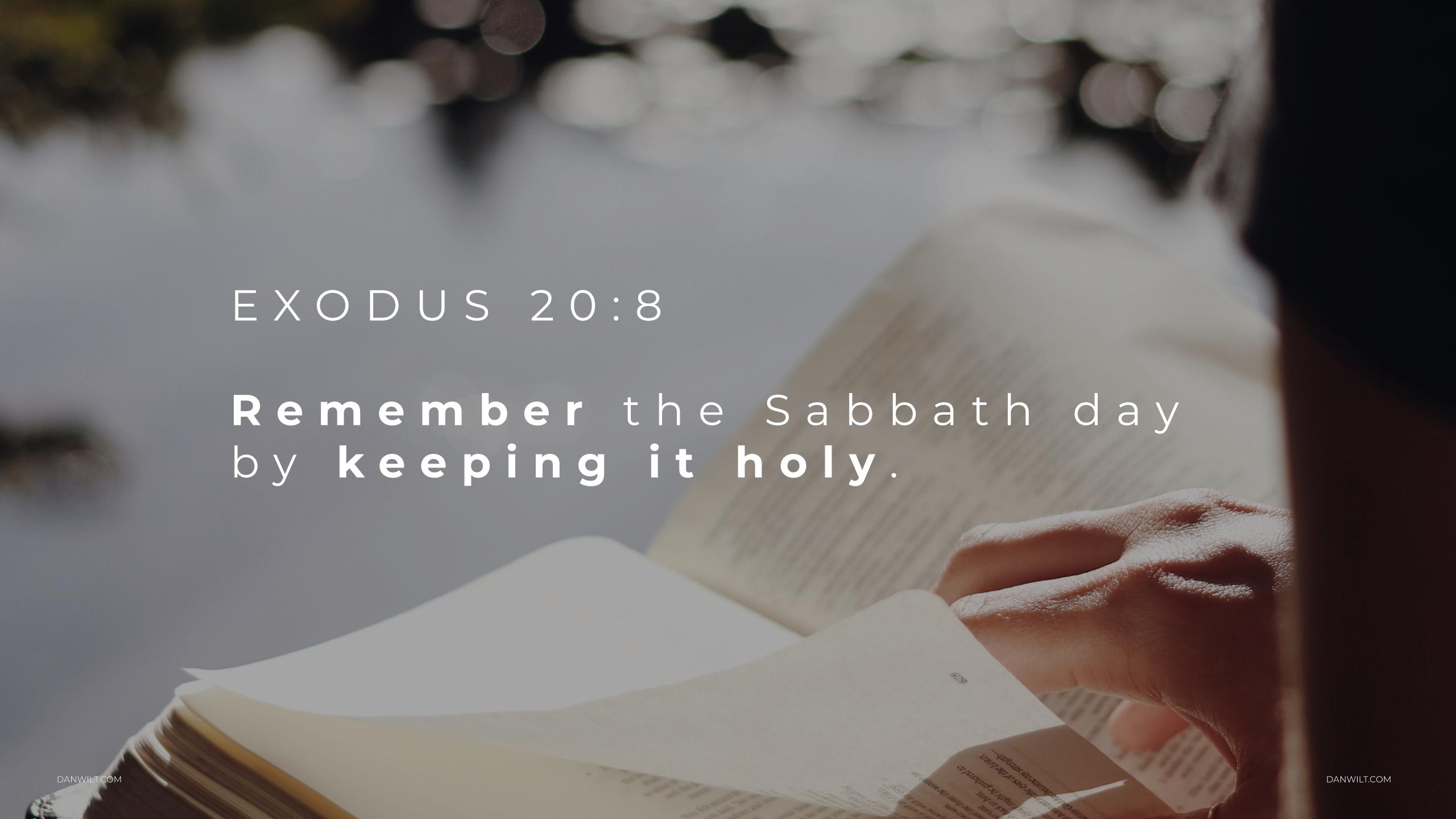




EXODUS 20:8-11

Remember the Sabbath day by keeping it holy. 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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 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 31:16-17

The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.



DEUTERONOMY 5:15

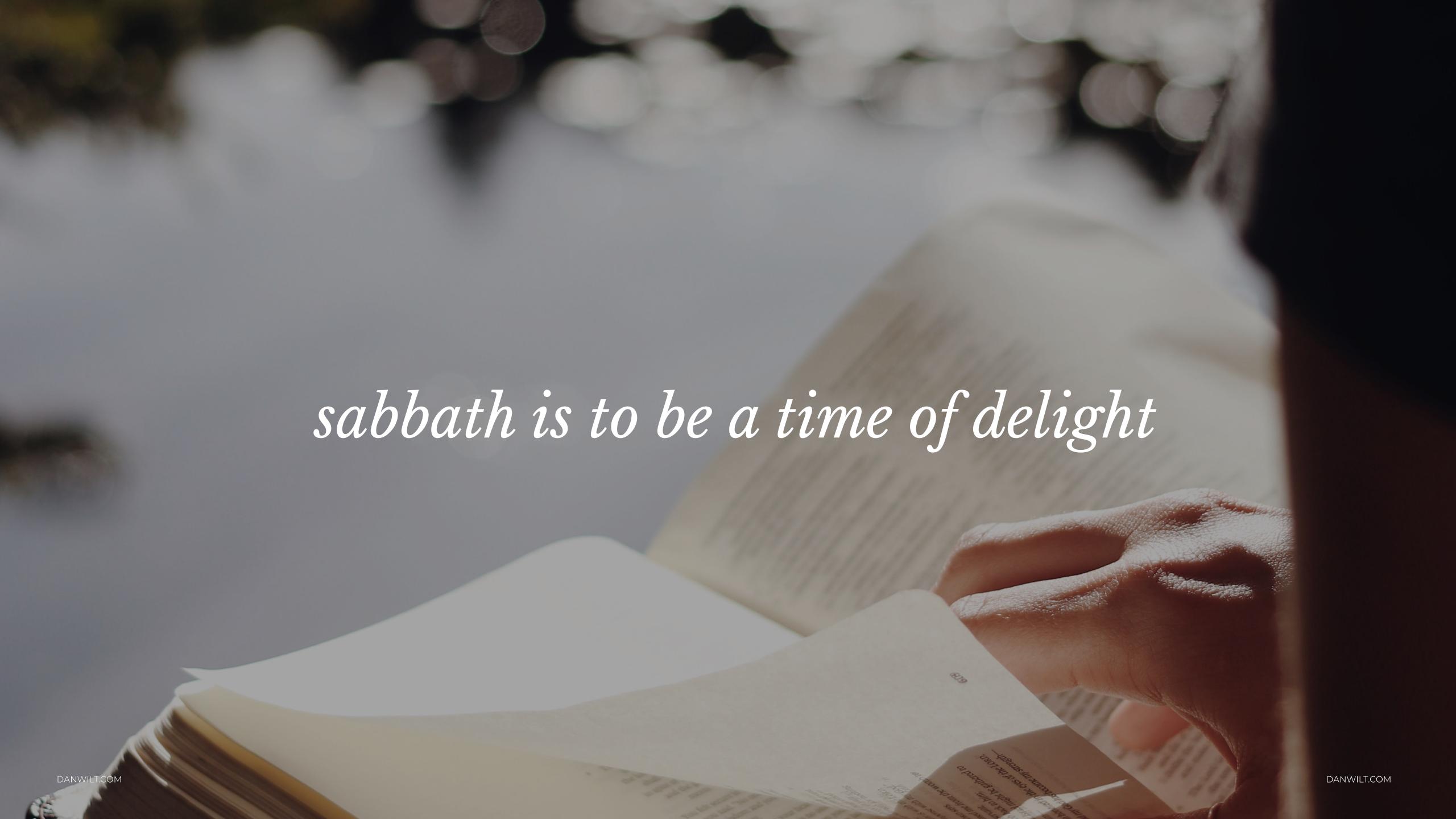
Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.



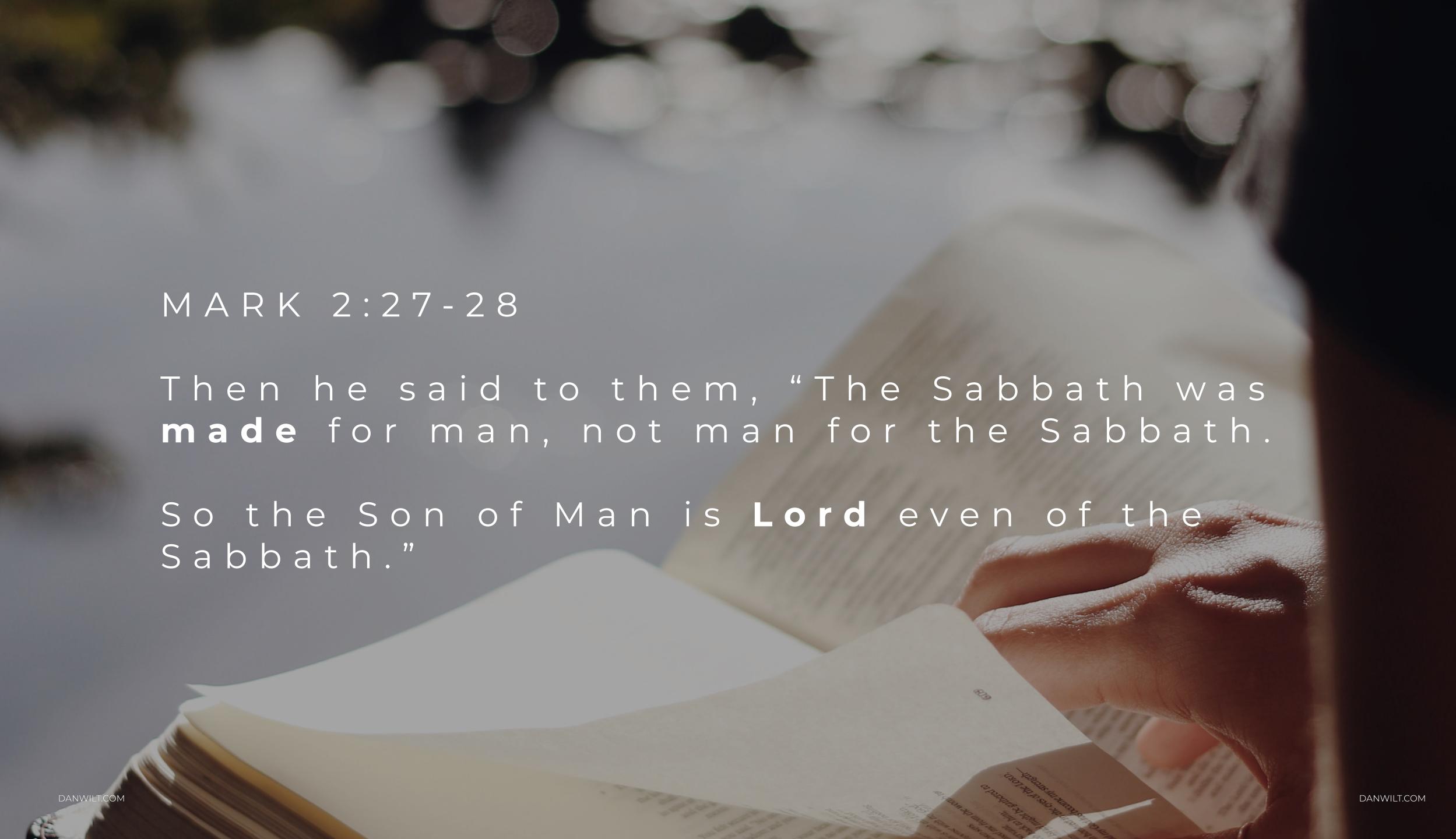
ISAIAH 58:12-14

Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

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 in triumph on the heights of the land and to feast on the inheritance of your father Jacob. For the mouth of the Lord has spoken.





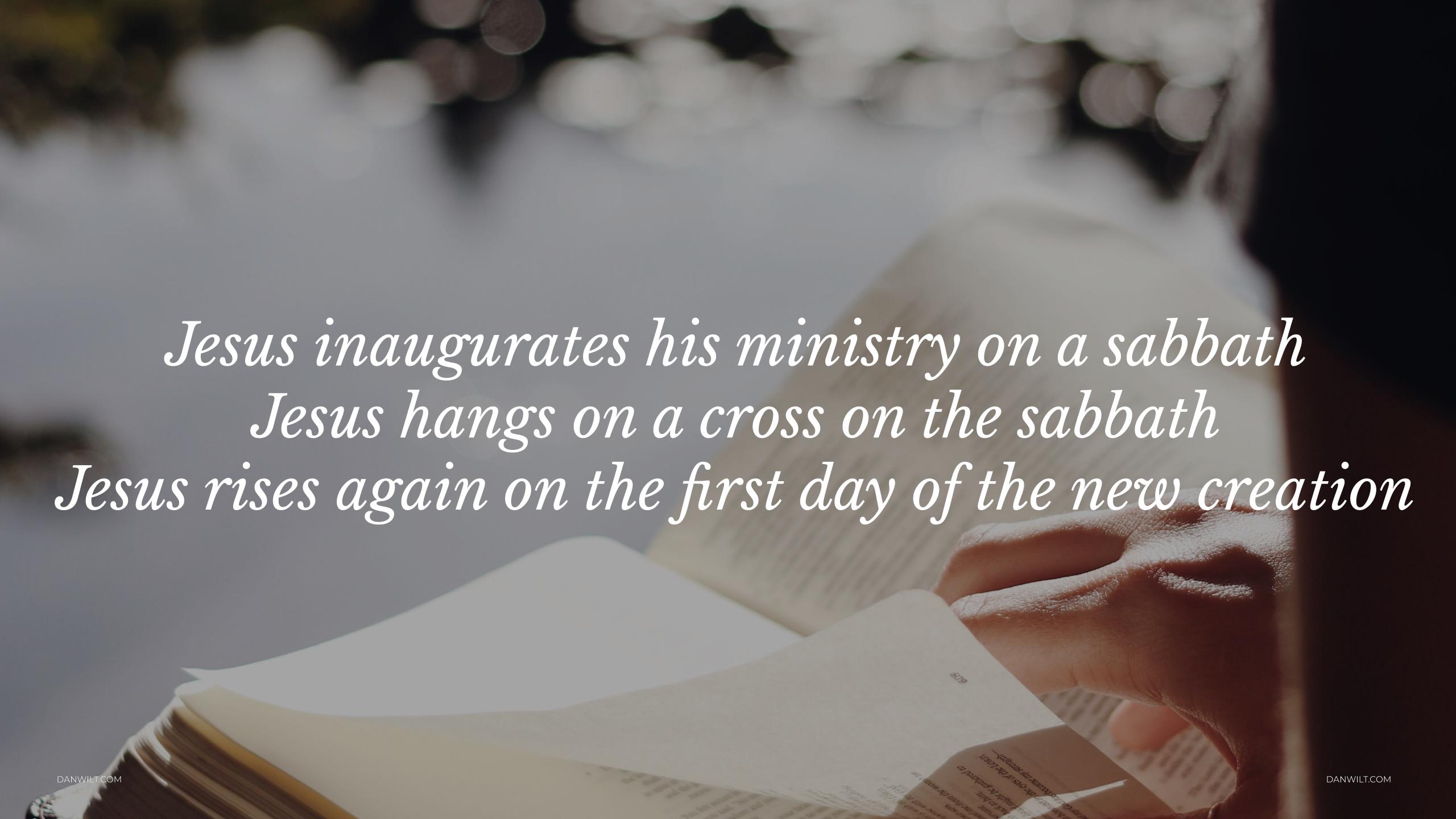






Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.





The Sabbath, biblically, casts a vision for a 24-hour period, set apart from the other 6 days of the week, that celebrates Creation, reclaims Eden in its fullness and abundance, invests eternal meaning into time, is designed for the renewal of the human person, and points toward the New Creation to come.





part 2

THE MEANING OF SABBATH





part 3

HOW TO BE KEPT BY SABBATH

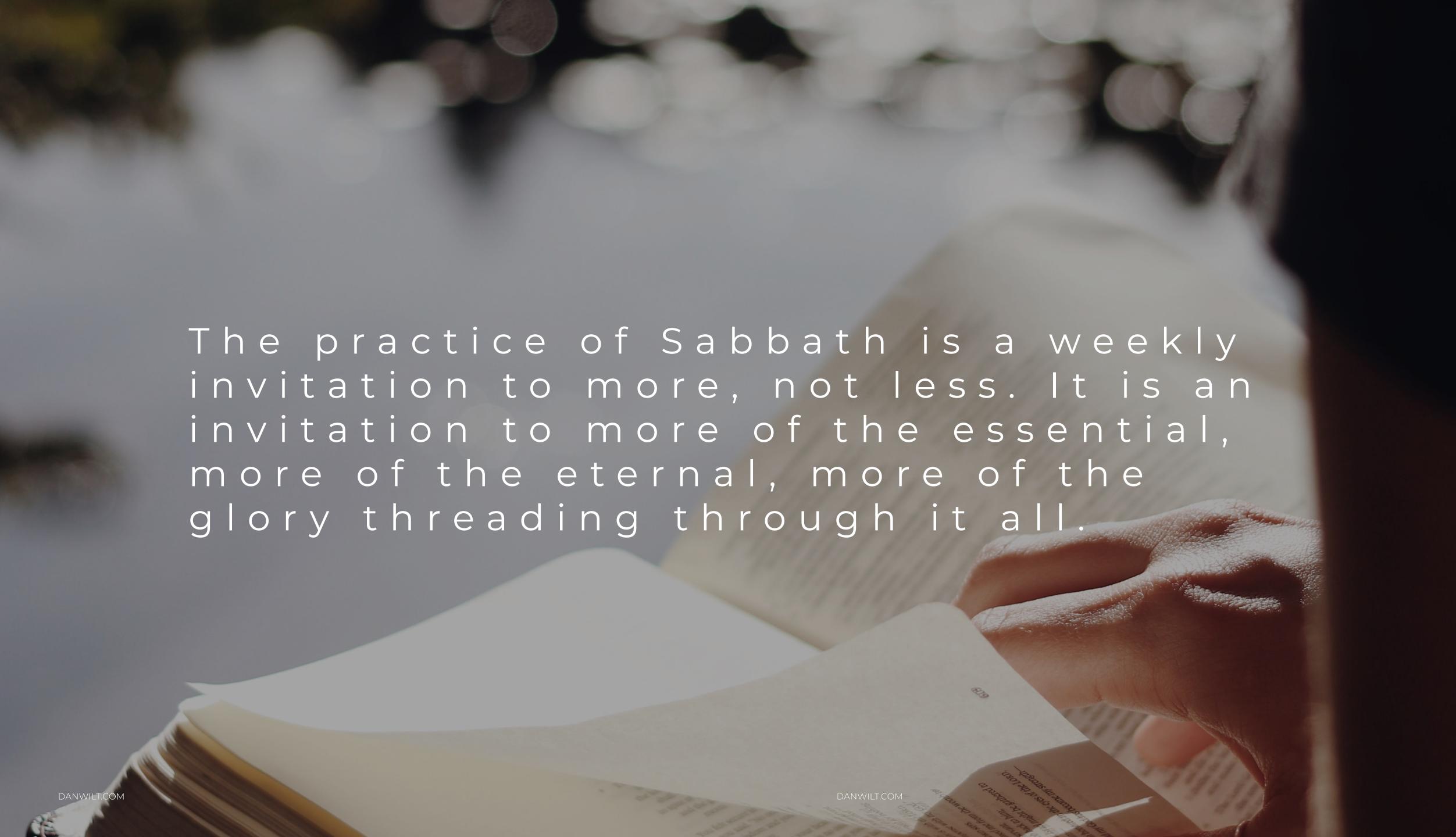




my story

KEPT BY SABBATH:
A DAY OF FREEDOM
(A SAMPLE SABBATH)





Sabbath is a day of feasting—on faith, on hope, on joy—to enter into the sacred creational delights for which we were designed. The only acts we are to cease from are those which perpetuate our self-sufficiency, self-dependence, self-absorption, and self-deification.

Sabbath words

A DAY CALLED SACRED

DAY OFF

- Weekend
- Rest
- Worship
- Naps/TV

SACRED DAY

- Set Apart
- Culmination
- Creation
- Fullness
- Satisfaction
- Goodness
- Life
- Gratefulness

- Abundance
- Joy
- Delight
- Eden
- Faith
- Feasting
- Fun
- Family
- Friendships
- New Creation
- Rest (body, mind, Sustainability)
 - and emotions)
- Slowness
- Stopping
- Healing

- Perspective
- Eternity
- Laughter
- Food (good food)
- Drink
- Beauty
- Nature
- Mental health
- Exercise
- Freedom
- Provision
- Renewal
- Encouragement
- and more.



sabbath worship

PRACTICING A 24-HOUR PERIOD OF REST & DELIGHT

- Ceasing
- Resting
- Embracing
- Feasting

(from Marva Dawn, Keeping the Sabbath Wholly)

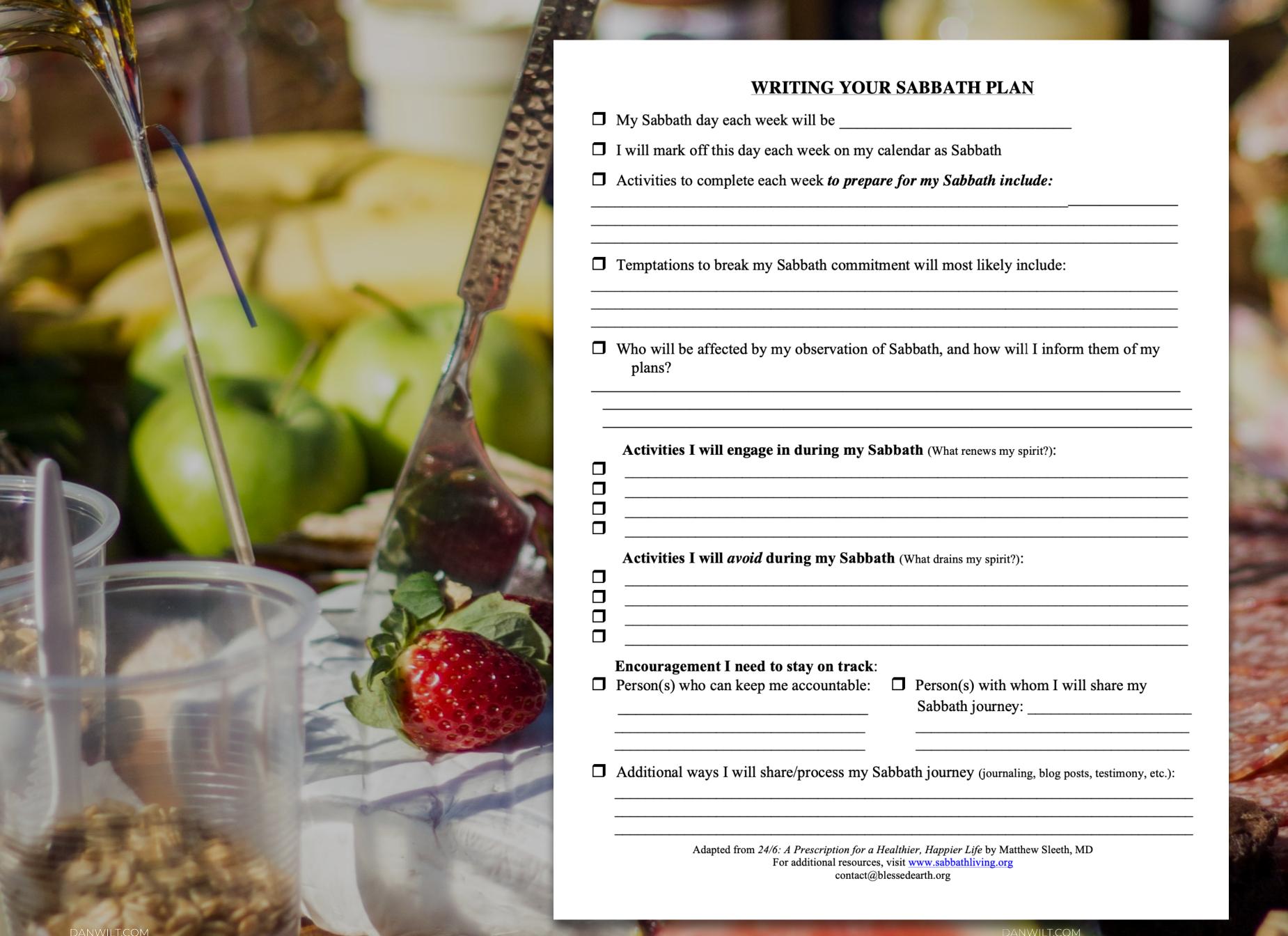


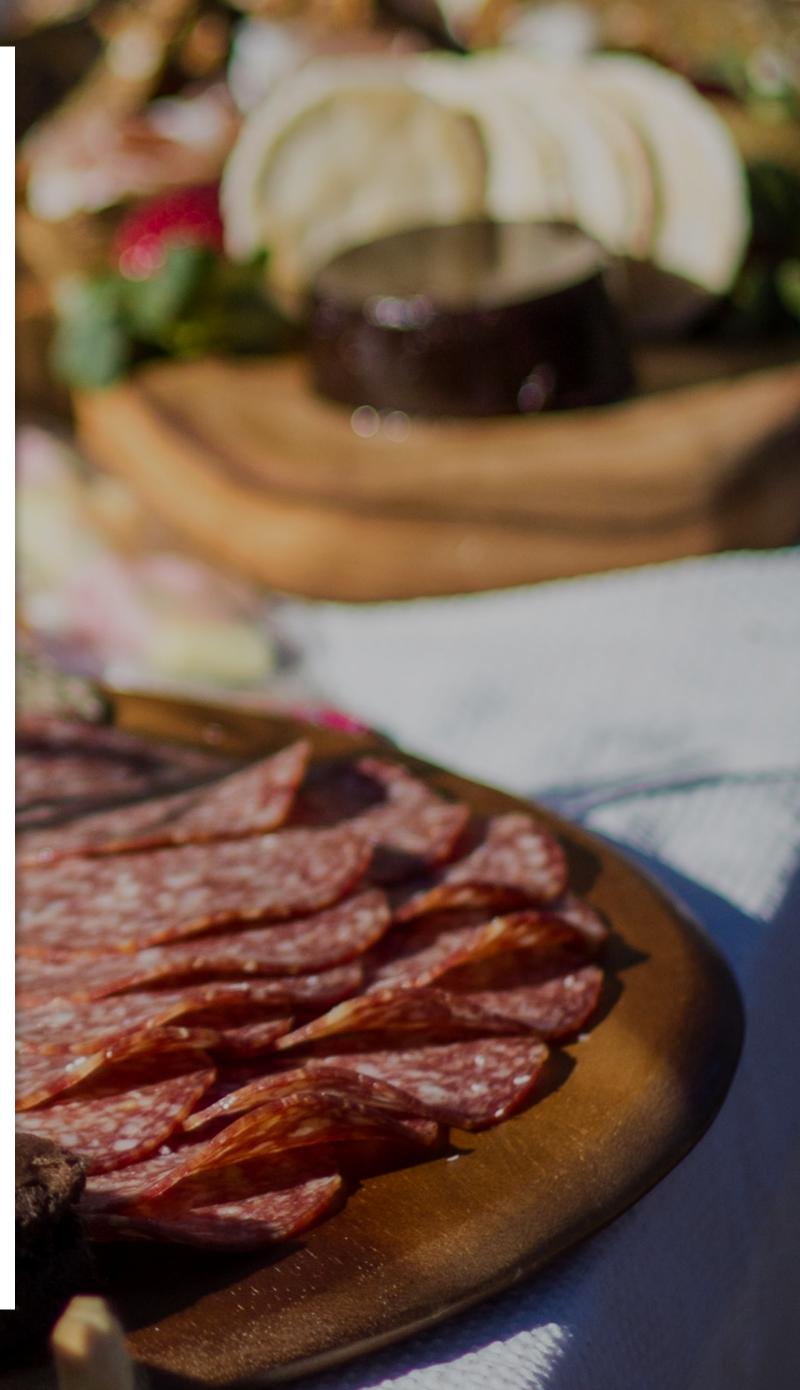
sabbath worship

PRACTICING A 24-HOUR PERIOD OF REST & DELIGHT

- Do all your preparations on the day before
- Plan your Sabbath day ahead of time
- · Light a candle at sundown, with a prayer or song
- Keep the candle lit, to remind you
- Attend your faith community
- Move more slowly
- Establish "special treats & traditions" for the day
- Engage your hobbies and flow state
- Blow the candle out with a prayer
- Prepare to live from rest for the week







questions

"I'M A BUSY MOM; HOW DO I DO SABBATH?"



questions

"I RUN A BUSINESS, OR I HAVE A POSITION OF RESPONSIBILITY. HOW DO I DO SABBATH?"



questions

"I AM INVOLVED IN MY CHURCH ON SUNDAYS; HOW DO I DO SABBATH?"







resources

HELPFUL SABBATH TOOLS TO SERVE YOU

- The Bible Project App (search "sabbath")
- The Bible Project Podcast ("seventh day")
- Matthew Sleeth, 24-6
- Ruth Haley Barton, Sacred Rhythms
- John Mark Comer, The Ruthless Elimination of Hurry
- Abraham Joshua Heschel, The Sabbath
- Marva Dawn, Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting



