

The Principle of the Sabbath And the Presence of God



Scriptures

- **Genesis 2:1-3**
¹Thus the heavens and the earth were completed, and all their hosts. ²By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. ³Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.
- **Exodus 16:23-26**
²³then he said to them, "This is what the LORD meant: Tomorrow is a sabbath observance, a holy sabbath to the LORD. Bake what you will bake and boil what you will boil, and all that is left over put aside to be kept until morning." ²⁴So they put it aside until morning, as Moses had ordered, and it did not become foul nor was there any worm in it. ²⁵Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field." ²⁶Six days you shall gather it, but on the seventh day, *the sabbath*, there will be none."
- **Mark 2:27-28**
²⁷Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. ²⁸So the Son of Man is Lord even of the Sabbath."
- **Luke 10:41-42**
⁴¹But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; ⁴²but *only* one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."
- **Isaiah 30:15**
¹⁵For thus the Lord GOD, the Holy One of Israel, has said,
"In repentance and rest you will be saved,
In quietness and trust is your strength."....
- **Exodus 31:13**
¹³"But as for you, speak to the sons of Israel, saying, 'You shall surely observe My sabbaths; for *this* is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you

Main Points

- The Sabbath principle is a “creation” principle.
 - It is not about law, but is present in creation.
- When Sabbath is mentioned in Genesis 2:1-3, it is the first time “Holy” is used in the Bible.
 - Holy means: Unique; Separate; Set apart
- Taking a day to rest once a week will help to be human beings, not human “doings”.
- It’s not about being under the Sabbath, but about the Sabbath being made to serve you.
- It is important to build into our lives a time to rest.

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- Sabbath is a discipline!
- A relationship with the LORD has to start and continue with receiving from Jesus.
- It is good to remove possible distractions from your life on the Sabbath to focus on the LORD.
 - Disconnect your computers and smartphones
 - Don't go to places that draw you into materialism (the mall, shopping mart, etc...).
 - Take the time to focus on the LORD and spend time with family.
- The Principle of the Sabbath is not about recreation... it's about sanctification.
- Practice the Principle of the Sabbath and you will be blessed in the presence of God!

Discussion Questions

1. What are some of the things that may be distracting you during Sabbath?

2. Why is it so important to have a day of rest and focus on the LORD?

3. What makes the words of Jesus so profound in Mark 2:27-28?

4. What does it mean to say that Sabbath is a discipline?

5. Why is it so important to learn to receive from Jesus?