

# The Principle of the Sabbath And the Presence of God



## Scriptures

- **Genesis 2:1-3**  
<sup>1</sup>Thus the heavens and the earth were completed, and all their hosts. <sup>2</sup>By 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. <sup>3</sup>Then 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**  
<sup>23</sup>then 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." <sup>24</sup>So they put it aside until morning, as Moses had ordered, and it did not become foul nor was there any worm in it. <sup>25</sup>Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field." <sup>26</sup>Six days you shall gather it, but on the seventh day, *the sabbath*, there will be none."
- **Mark 2:27-28**  
<sup>27</sup>Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath."
- **Luke 10:41-42**  
<sup>41</sup>But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; <sup>42</sup>but *only* one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."
- **Isaiah 30:15**  
<sup>15</sup>For 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**  
<sup>13</sup>"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.

# The Principle of the Sabbath And the Presence of God



- 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?