

The Rhythm of Heaven-Rediscover the Sabbath

The Principles of the Sabbath and the Presence of God

Core Message: God designed the Sabbath as a gift for mankind, not merely as a commandment or religious obligation. From creation itself, the Lord established a rhythm of work and rest so that His people could be refreshed in His presence. Understanding the Sabbath as part of the creation principle helps us as Christians to rethink what application or what pertinence might it have for our life today. Sabbath rest teaches us to trust God with our time, our productivity, and our provision. When we stop striving and set apart time for the Lord, we receive His blessing, peace, and renewal. Honoring the Sabbath is not about legalism, but about entering into God’s wisdom and receiving what He has made available for our good.

Main Bible Verses (NASB):

- **Core Memory Verse: (Genesis 2:1–3)** “And so the heavens and the earth were completed, and all their heavenly lights. 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. Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created and made.”
- **(Exodus 20:8–11)** “Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the Lord your God; in it you shall not do any work, you or your son, or your daughter, your male or your female slave, or your cattle, or your resident who stays with you. For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.”
- **(Mark 2:27–28)** “Jesus said to them, ‘The Sabbath was made for man, and not man for the Sabbath. So the Son of Man is Lord, even of the Sabbath.’”
- **(Romans 7:12)** So then, the Law is holy, and the commandment is holy and righteous and good.
- **(Matthew 12:1–2)** “At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. Now when the Pharisees saw this, they said to Him, ‘Look, Your disciples are doing what is not lawful to do on a Sabbath!’”

Key Points (Fill-in-the-Blank):

- “The Torah, God's Word, has a built-in _____ to help us manage the stress and be healthier.”
- “Shabbat is part of God's divine _____ that He built into creation for mankind before the law was given.”
- “The word ‘holy’ means ‘set apart,’ ‘cut out,’ ‘unique,’ and _____.”
- “When we honor the Lord by giving Him one day a week to honor Him, He supernaturally puts a _____ on the first six days of the week.”
- “The Sabbath was made for you and _____.”
- “It's for us as a _____ so that we can live in victory over the world.”
- “It's not about being under the law. It's about receiving the opportunity to be _____ from the Lord.”

Notes:

(Use lines below for personal notes)

Reflection Questions:

1. How does seeing the Sabbath as part of God's creation design change the way you think about rest?

2. What areas of stress, striving, or anxiety might God be inviting you to surrender through Sabbath rest?

3. How can you honor the Sabbath in a Spirit-led way without turning it into legalism?

4. What would it look like for you to trust God to bless your work as you set apart time to rest in Him?

Application Challenge of the Week:

Set apart one specific day or portion of a day this week to stop from regular work, quiet distractions, and intentionally rest before the Lord. Use that time to worship, pray, read Scripture, and receive His peace. (Or come up with your own as the Lord leads):

Prayer Prompts:

- Lord, teach me how to receive Sabbath rest as Your gift.
- Help me trust You with my time, work, provision, and responsibilities.
- Father, refresh my heart, mind, and body in Your presence.

“The Lord bless you, and keep you; the Lord cause His face to shine on you, and be gracious to you. The Lord lift up His face to you, and give you peace.” Numbers 6:22-27
(NASB 95’)