

Not About Legalism but Alignment

The Principle of the Sabbath and the Presence of God

Core Message: God created the Sabbath as a gift of rest, refreshment, and spiritual realignment with Him. Rabbi Schneider teaches that Shabbat is an opportunity to know the power of God. The power of salvation is made known in quietness and our rest in Jesus is enhanced. It's not about legalism or leisure but honoring God as Creator and receiving the blessing He designed for humanity. When believers stop striving and set apart time unto the Lord, they make space for God to sanctify, strengthen, and refresh them. The teaching calls viewers to resist the constant busyness of life and trust that God can bless six days of work more than seven days of striving. Shabbat becomes a weekly opportunity to delight in the Lord and experience His presence more deeply and receive spiritual blessings.

Main Bible Verses (NASB):

- **Core Memory Verse: (Matthew 11:28)** “Come to Me, all who are weary and heavy-laden, and I will give you rest.”
- **(Isaiah 30:15)** “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.’ But you were not willing.”
- **(Genesis 2:2–3)** “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 in it He rested from all His work which God had created and made.”
- **(Isaiah 66:23)** “And it shall be from new moon to new moon and from sabbath to sabbath, all mankind will come to bow down before Me,’ says the Lord.”
- **(Jeremiah 2:13)** “For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water.”
- **(Psalm 46:10)** “Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

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

- “The blessing that the Lord wants to impart to us each week on Shabbat is to _____ us.”
 - “We need to stop _____ in order to be refreshed.”
 - “Our work does not _____ us.”
 - “It’s about being restored and refreshed in the _____ of the Lord.”
 - “The power of our _____ is made known in quietness and rest.”
 - “If we will honor God in this and take a day a week to rest unto Him, He will supernaturally _____ the other six days of the week.”
 - “There’s a blessing by getting into _____ with Him.”
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Notes:

(Use lines below for personal notes)

Reflection Questions:

1. What does it mean for you personally that the Sabbath was made for man and not man for the Sabbath?

2. Where in your life do you need to “cease striving” and trust God more deeply?

3. What habits, distractions, or responsibilities might you need to lay down in order to honor the Lord with intentional rest?

4. How could setting apart one day unto the Lord help you experience His refreshment, sanctification, and presence?

Application Challenge of the Week:

Choose one day this week to intentionally rest unto the Lord. Prepare ahead of time by completing one ordinary task early, turning away from unnecessary distractions, and setting aside time for prayer, Scripture, worship, and quietness before God. (Or come up with your own as the Lord leads):

Prayer Prompts:

- Lord, teach me how to honor You with holy rest.
- Father, help me lay down striving and receive Your refreshment.
- God, sanctify me and bring my life into divine alignment with Your design.

“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’)