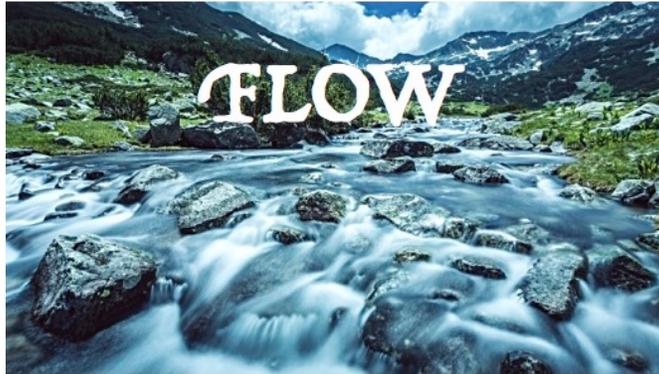


#15 March 21, 2017



**Sabbath**  
by Diane Anderson



*"He that can take rest is greater than he that can take cities."  
—Benjamin Franklin*

<https://www.youtube.com/watch?v=L02jV34MZgw>

I've always been able to sleep well, anywhere and anytime. Until, that is, this past year. I was on a medication that messed up my sleep cycles. I couldn't fall asleep until 2 or 3 in the morning. I finished that medication at the end of July and am only now able to get to sleep by 11 most nights. It's taking me a long time and a lot of self discipline to rebuild that sleep habit. I've had to make it a priority and do planning and preparation earlier in the evening because I know that I'm not a good or productive person when I don't get enough sleep.

God made our bodies. He rested on the 7th day of Creation because He was giving us an example to live by—a day of rest. Rest that He created us to need so that we would have a reason to stop and focus on Him—our source of strength and peace.

Our culture has a different view. How many of us have heard or said, "I'm SO busy!" spoken in that exultingly weary tone of voice? Busy-ness is an idol in our lives. We can hold our schedules and actions up to show our worth to the world.

God's way is a radical switch! *"Remember the Sabbath Day by keeping it holy." "On the seventh day you are to do no work."* Rest. Worship. It's needed. (I even found out that other religions recommend regular rest days)!

Now, I know that the Sabbath was instituted into the lives of the Israelites along with many other requirements—many of which we have been released from as Christians. And, yes, we are no longer subject to the law but to Christ. However, the words of the New Testament writer of Hebrews let us know that *"There is a Sabbath rest for the people of God"* and we are to continue to meet together in that time—*"to encourage one another and spur one another on to love and good deeds."* The set apart time is for our benefit—for us to worship God with other believers. The promise in Isaiah is still true today, *"when you keep the Sabbath...you will find your joy in the Lord..."*

**Questions:**

Is it harder, easier, or about the same to be loving and encouraging when you're tired?

How do your attitudes of love and encouragement change when you're rested?

In the midst of the busy demands on your life, when can you find a Sabbath rest?

What first step is God calling you to practice to remember the Sabbath and keep it holy?

What attitudes about Sabbath is God calling you to get rid of? To add to your life?

What preparations do I need to make in order to have a day of rest?

**Extras on the topic of Rest** (Not all Christian resources):

<https://www.youtube.com/watch?v=AwQTjf0HTk8>

Sabbath=Sabbath

The origin of the Hebrew sabbat is uncertain, but it seems to have derived from the verb sabat, meaning to stop, to cease, or to keep.

*Isaiah 58:13-14 "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."*

*Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God;"*

*Hebrews 10:23-25 "Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some*

*are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

*"Generally, we attribute things like outlook, optimism, drive, coping mechanisms, and even success to personal and personality traits; we simply are a certain way thanks to our environment, the choices we've made, and our innate ways of being.*

*I now realize, however, that a lack of sleep and rest can not only dull and mute some of our more positive traits and tendencies, but handicap them entirely."* (Jennifer Hamady, Psychology Today, July 6, 2015)

<http://www.becomingminimalist.com/resting/>