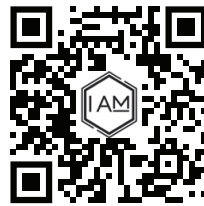
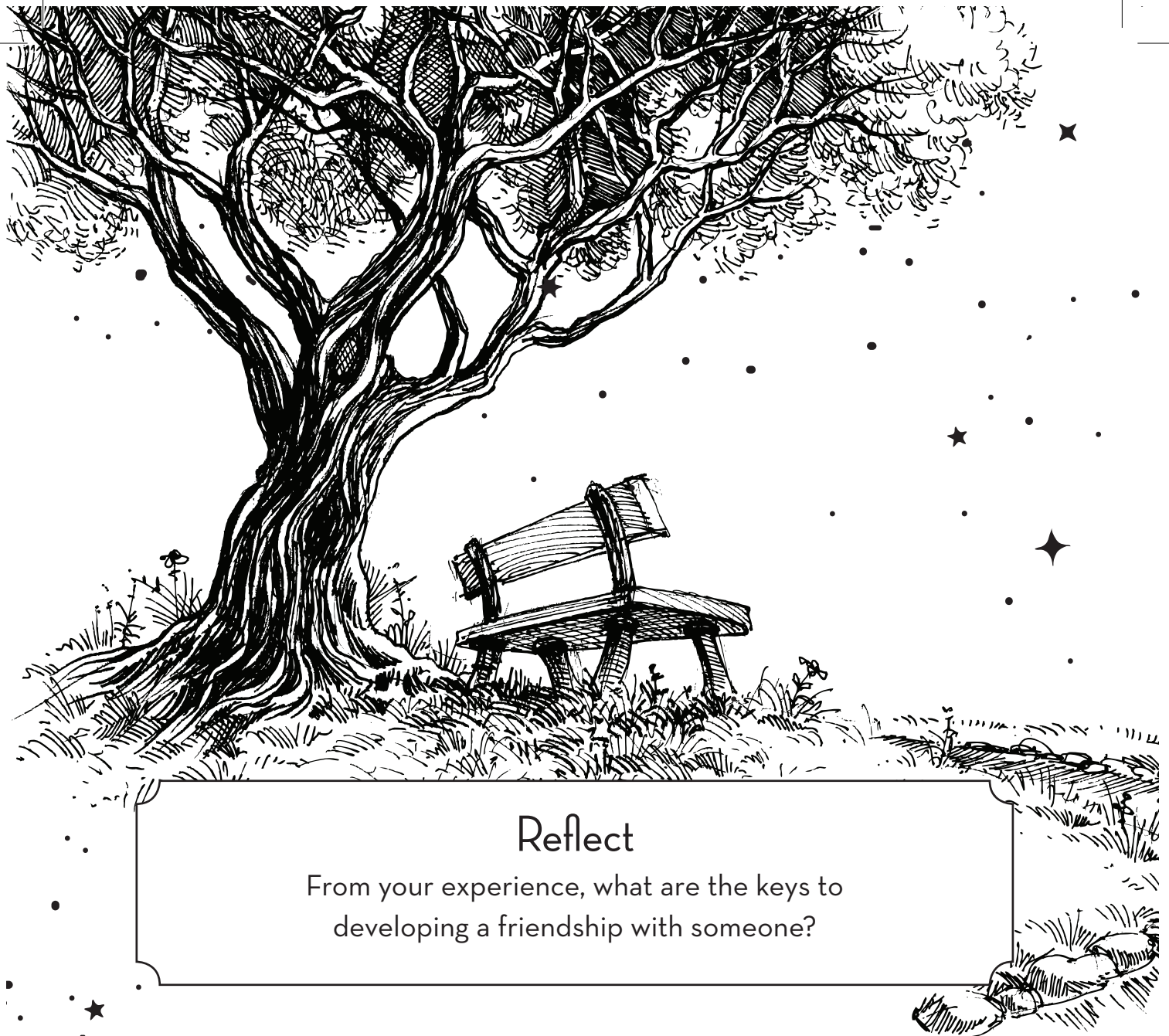


Session 8

SABBATH

WHAT IS THE SABBATH ABOUT?







Reflect

From your experience, what are the keys to developing a friendship with someone?

YOU *JESUS* GOD

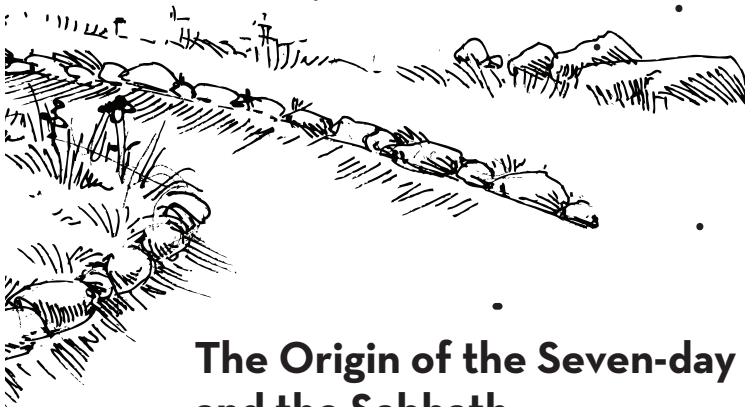




Our calendar follows a number of cycles which are based on astronomical patterns:

- **Day** The time it takes for the Earth to revolve on its axis.
- **Month** Approximately the time it takes for the Moon to orbit around the Earth.
- **Year** The time it take for the Earth to orbit around the Sun.

However, our calendar also follows the seven-day week, which does not match any astronomical cycle.

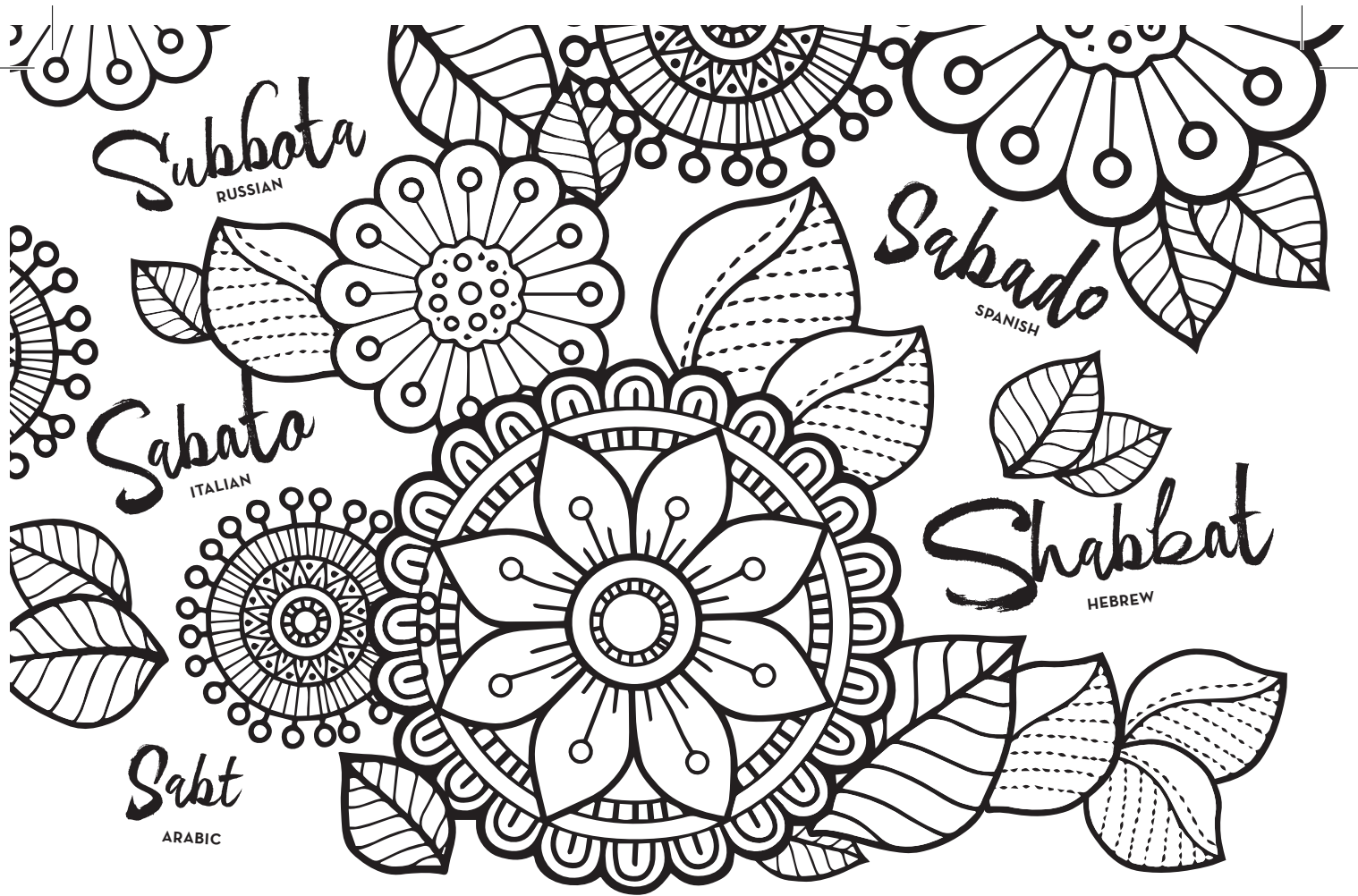


The Origin of the Seven-day Week and the Sabbath

The Bible tells us our seven-day week came from the time when God created this world. It says:

"For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy." Exodus 20:11



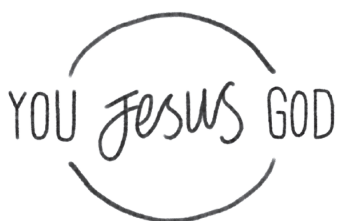


God finished the Creation week by resting on the Sabbath:

"So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation." Genesis 2:1-3



He then invites us to join Him in keeping the Sabbath as a day of rest:

"Remember to observe the Sabbath day by keeping it holy."
Exodus 20:8



God wants to spend quality time with us every week because He loves us so much. He has special blessings He wants to give to us during the Sabbath.





God is inviting us to enter His divine rest on the Sabbath—the day that He has chosen.


The message of the Sabbath

The message of the Sabbath is:

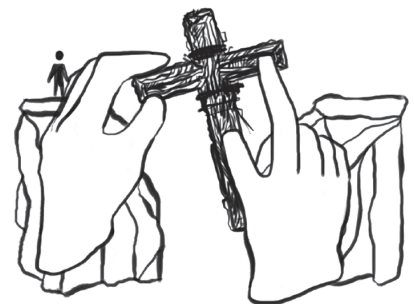
- Our value as people is based on our relationship with God as our Creator and His love for us.
- We are saved by our faith and trust in Jesus and not by what we can do. Ephesians 2:8-10
- We cannot make ourselves holy and spiritually pure—this is God’s supernatural work in our lives. Exodus 31:12,13
- Jesus is inviting us to come to Him to find rest and peace. Matthew 11:28-30

Identifying the Sabbath

The Sabbath starts at sunset on Friday evening and continues until sunset on Saturday evening. We know this because:



- The Jews have been consistently keeping the Sabbath for thousands of years.
- Saturday is called the “Sabbath” in many languages, including Spanish (*Sabado*), Italian (*Sabato*), Russian (*Subbota*) and Arabic (*Sabt*).
- There is historical evidence that Jesus died on Friday, was buried in the tomb on Sabbath and rose back to life on Sunday morning.



- Days in the Bible are defined as starting in the evening and then being followed by day, in other words from sunset to sunset.

Genesis 1:5, Leviticus 23:32, Mark 1:32

Jesus' Example

The best way to discover what the Sabbath concept is like, is to learn from Jesus' example:

- Jesus spent time exploring the Bible on the Sabbath. Luke 4:16-21
- He joined His local worship community on Sabbath. Luke 4:16
- He supernaturally healed people on Sabbath and set them free from illness and demonic possession. Luke 4:31-37, Luke 6:6-11, John Chapters 5 & 9
- Jesus rested in the tomb on Sabbath after finishing His work of salvation on the Cross. John 19:28-42, The Desire of Ages Chapter 80: "In Joseph's Tomb".

Practical Tips for Enjoying the Sabbath

You can enjoy the Sabbath in the following ways:

1. Spend time developing your relationship with God by reading the Bible and through prayer.
2. Worship God with other Sabbath-keeping Christians at church.
3. Enjoy spending time out in nature—God's beautiful creation.
4. Share the good news about Jesus with people who are far away from God.
5. Serve the needy in your community.



Real Talk

QUESTION ONE

How does the concept that God wants to spend a whole day with you each week make you feel?

QUESTION TWO

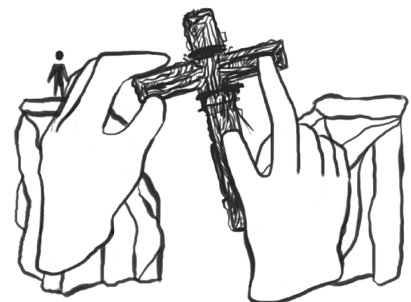
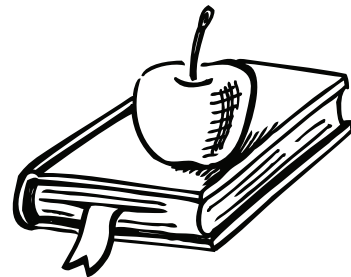
What inspires you with the way that Jesus kept the Sabbath?

QUESTION THREE

How would you like to explore a deeper relationship with God on the Sabbath?

Resources for further reading:

- A Time for You – Mike Tucker
- God's Gift in Time – Walt Thompson
- Sabbath As Resistance: Saying No to the Culture of Now – Walter Bruegemann
- The Sabbath: Its Meaning for Modern Man – Abraham Joshua Heschel
- The Lost Meaning of the Seventh Day – Sigve Tonstad
- "The Sabbath" The Desire of Ages – Ellen White





Reimagine Your Life

OPTION ONE

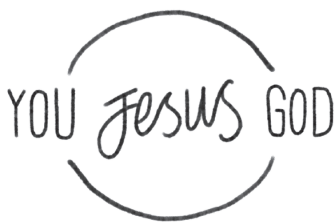
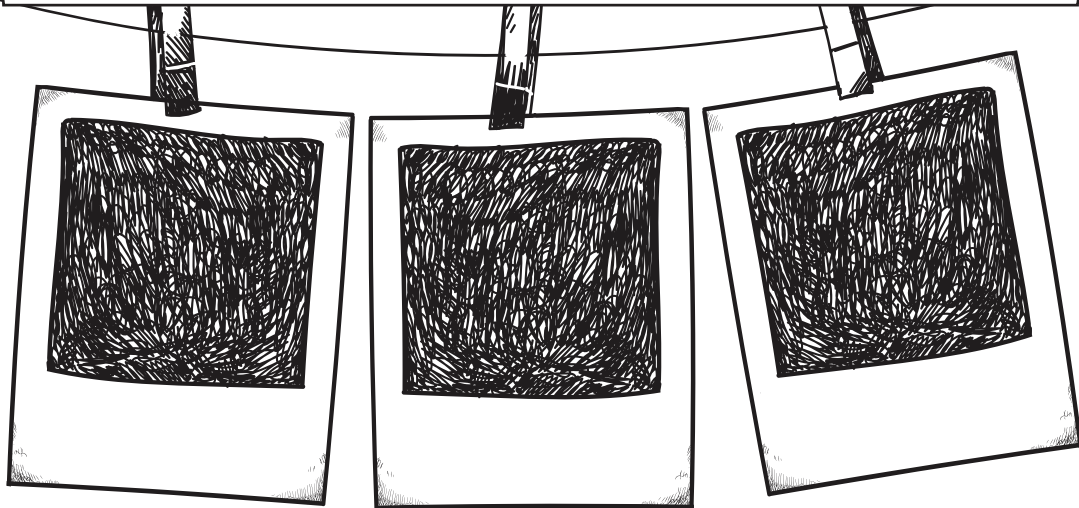
Take a photo on your phone of your favourite relaxing nature walk (#SabbathRest) and bring it back to share with everyone next week.

OPTION TWO

Go for a walk out in nature, and collect some leaves or flowers to press in your journal.

OPTION THREE

Plan your next Sabbath with God.



Next Step

Would you like to start spending the Sabbath with God each week?