

SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | WORD | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | **SABBATH** | SERVICE

RHYTHMS

A photograph of a family of three sitting on a wooden bench in a forest. The mother, with blonde hair, is wearing a red and blue plaid shirt. The father, with short brown hair, is wearing a white shirt. They are both looking out over a valley with a small house in the distance. The scene is misty and the trees are bare, suggesting autumn or winter. The word "SABBATH" is written in large, white, sans-serif capital letters across the middle of the image. Below the text are several white wavy lines.

SABBATH

What is Sabbath?

Genesis 2:1-3 ^{NIV}

Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



What is Sabbath?

Exodus 20:8-11 ^{NIV}

“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”



What is Sabbath?

Isaiah 58:13-14 ^{NIV}

“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 and to feast on the inheritance of your father Jacob.” For the mouth of the LORD has spoken.




**What is
Sabbath?**



Holy...






“When a day like Wednesday arrives, the hours are blank, and unless we lend significance to them, they remain without character. The hours of the seventh day are significant in themselves, their significance and beauty do not depend on any work, profit or progress we may achieve. They have the beauty of grandeur.”

“Great are the laws that govern the processes of nature, yet without holiness there would be neither greatness nor nature.”

— Abraham Joshua Heschel





“The ability to calm your soul and wait before God is one of the most difficult things in the Christian life. Our old nature is restless... the world around us is frantically in a hurry. But a restless heart usually leads to a reckless life.”

— Warren Wiersbe



Isaiah 61:10-11 ^{NIV}

I delight greatly in the LORD;
my soul rejoices in my God.

For he has clothed me with garments of salvation
and arrayed me in a robe of his righteousness,
as a bridegroom adorns his head like a priest,
and as a bride adorns herself with her jewels.

¹¹ For as the soil makes the sprout come up
and a garden causes seeds to grow,
so the Sovereign LORD will make righteousness
and praise spring up before all nations.



What is Sabbath?

Holy...

“Let’s go, my beloved, to meet the bride, Let us welcome the presence of Shabbat... To greet Shabbat let’s go, let’s be gone, for she is the wellspring of blessing...”

— *Lekha Dodi, Hebrew song to welcome the Sabbath*



What is Sabbath?

Isaiah 58:13-14 ^{NIV}

“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 and to feast on the inheritance of your father Jacob.” For the mouth of the LORD has spoken.



Psalm 23 ^{NIV}

The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters, ³ he refreshes my soul.

He guides me along the right paths for his name's sake.

⁴ Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.

⁶ Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD forever.





SABBATH