



Sabbath

1

Sabbath
安息日

From 'Practicing The Way'





Sabbath
安息日

Part 1 - Stop

Part 2 - Rest

Part 3 - Delight

Part 4 - Worship



Sabbath:
Soul care





OUR SOUL 靈魂
Nourished 滋養



OUR SOUL 靈魂
Malnourished 營養不良



Consumerism

消費主義

CONSUME

Buy goods & services in attempt to satisfy our greed & longings

DESIRE/GREED

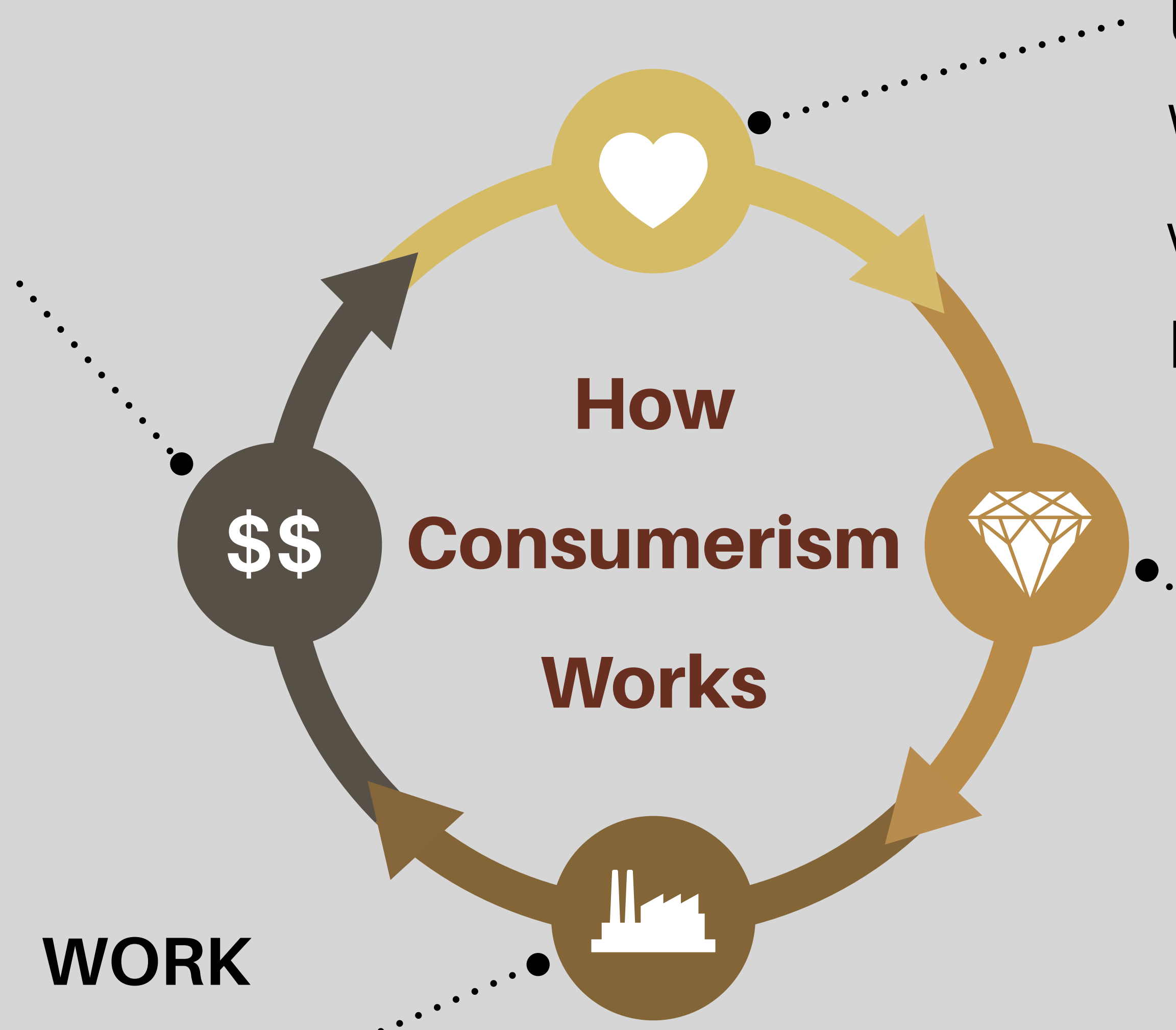
Unsatisfied desire; Wanting more even if we have enough; Restless for next thing.

ADVERTISING

Designed to make us unsatisfied; Manipulates our greed & desire.

WORK

To afford to buy more; Workers produce more.





Sabbath
安息日

Rest for
our souls



GENESIS

2:2—3

“By the seventh day God had finished the work he had been doing; so on the seventh day he **rested** from all his work. 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.”



THE TEN | COMMANDMENTS



Mount Sinai

10

Exodus 20

40 years
----->



River Jordan

10

Deuteronomy 5

“Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, 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. 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.”

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labour and do all your work, 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”

“They made their lives bitter with harsh **labour** in brick and mortar and with all kinds of **work** in the fields; in all their harsh **labour**, the Egyptians **worked** them ruthlessly.”
Ex. 1:14

“Make the **work harder** for the people so that they **keep working...**” Ex. 5:9

“The slave drivers kept **pressing them**, saying, ‘**Complete the work required of you** for each day...’” Ex. 5:13



EGYPT: All work and no rest

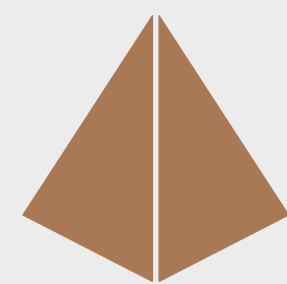
“Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 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.”

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labour and do all your work, 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”



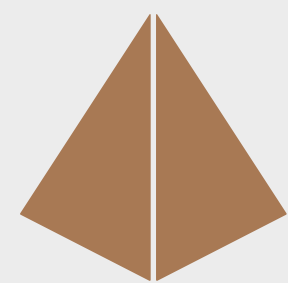
EMPHASIS OF SABBATH COMMAND IN DEUTERONOMY:

Don't go back to Egypt!



RESIST WORKING WITH NO REST

Don't return to the conditions of Egypt: no Sabbath, no rest, no time off.



RESIST CULTURE OF CONSUMERISM

Don't be part of the 'Egypt' culture of unchecked desire for more and more.



WE NEED

REST

FOR OUR

SOULS

**We have more
than ever before**

**We feel busier than
ever before**

**We're unhappier
than ever before**

**Why? Our souls are
not rested**



Sabbath rest is an act of resistance

Resistance is hard because of two pressures:

EXTERNAL PRESSURES

- ▶ **Society and culture**
- ▶ **Hidden forces**

INTERNAL PRESSURES

- ▶ **Our hearts**
- ▶ **Tendency to over-work and/or over-consume**

Practice
the
Sabbath



To resist the
excesses of
Consumerism



HOW TO OVERCOME PRESSURE TO NOT REST ON THE SABBATH

01. Prepare for the day

- ▶ Go grocery shopping
- ▶ Prep your meals.
- ▶ Clean or tidy your home.
- ▶ Run any errands or pay any bills that need to be sorted before you can rest.
- ▶ Answer all your texts and emails in order to turn off your devices.
- ▶ Make plans to meet your family or community on the Sabbath.
- ▶ Plan out some fun activities for play and delight.





HOW TO OVERCOME PRESSURE TO NOT REST ON THE SABBATH

02. Prepare to resist culture

- ▶ Phone
- ▶ Social media
- ▶ Internet
- ▶ TV and entertainment
- ▶ Shopping
- ▶ Your to-do list
- ▶ Social obligations
- ▶ Sports
- ▶ Weekend work
- ▶ Chores
- ▶ Errands
- ▶ People

HOW TO OVERCOME PRESSURE TO NOT REST ON THE SABBATH

03. Prepare your soul

- ▶ Invite the Holy Spirit to come and illuminate your mind.
- ▶ As I think about practicing the sabbath, what is my strongest emotion?
- ▶ What is behind that emotion?
- ▶ Offer it to God in prayer & wait for him to speak to you.

