



The Sabbath Series: Stop

What stops us stopping?

Pride

Distractions

Fear



The word ‘Sabbath’ comes from the Hebrew *Shabbat* which means to ‘stop’, to cease, to desist or rest.

Thus the heavens and the earth were completed in all their vast array. 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.

[Genesis 2v2-3]

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. [Exodus 20:10-11]***

‘In the book of Exodus we read ‘In six days God made heaven and earth, and on the seventh day God rested and was refreshed.’ The word ‘refreshed’, means and God exhaled. The creation of the world was like a life-quickenning inhale; the Sabbath is the exhale.

Thus, in beginning, all creation moves with the rhythm of the inhale and the exhale. With the sabbath exhale, the life-giving inhale is impossible.'

[Wayne Muller]

Stopping from:

1. Work

2. Trying to be God

‘Sabbath is about trust. Sabbath is turning over to God all those things — our money, our work, our status, our reputation, our plans, our projects, - that we’re otherwise tempted to hold tight in our own closed fists, hold on to for dear life.’

[Mark Buchanan]

So what might it look like to practice Sabbath in the 21st century?

- You don't have to, you get to.
- 24 hours | 12 hours | 6 hours?
- Stage of life.
- Stop — Rest — Delight — Worship.
- It may be hard — don't give up.

www.practicingtheway.org/sabbath