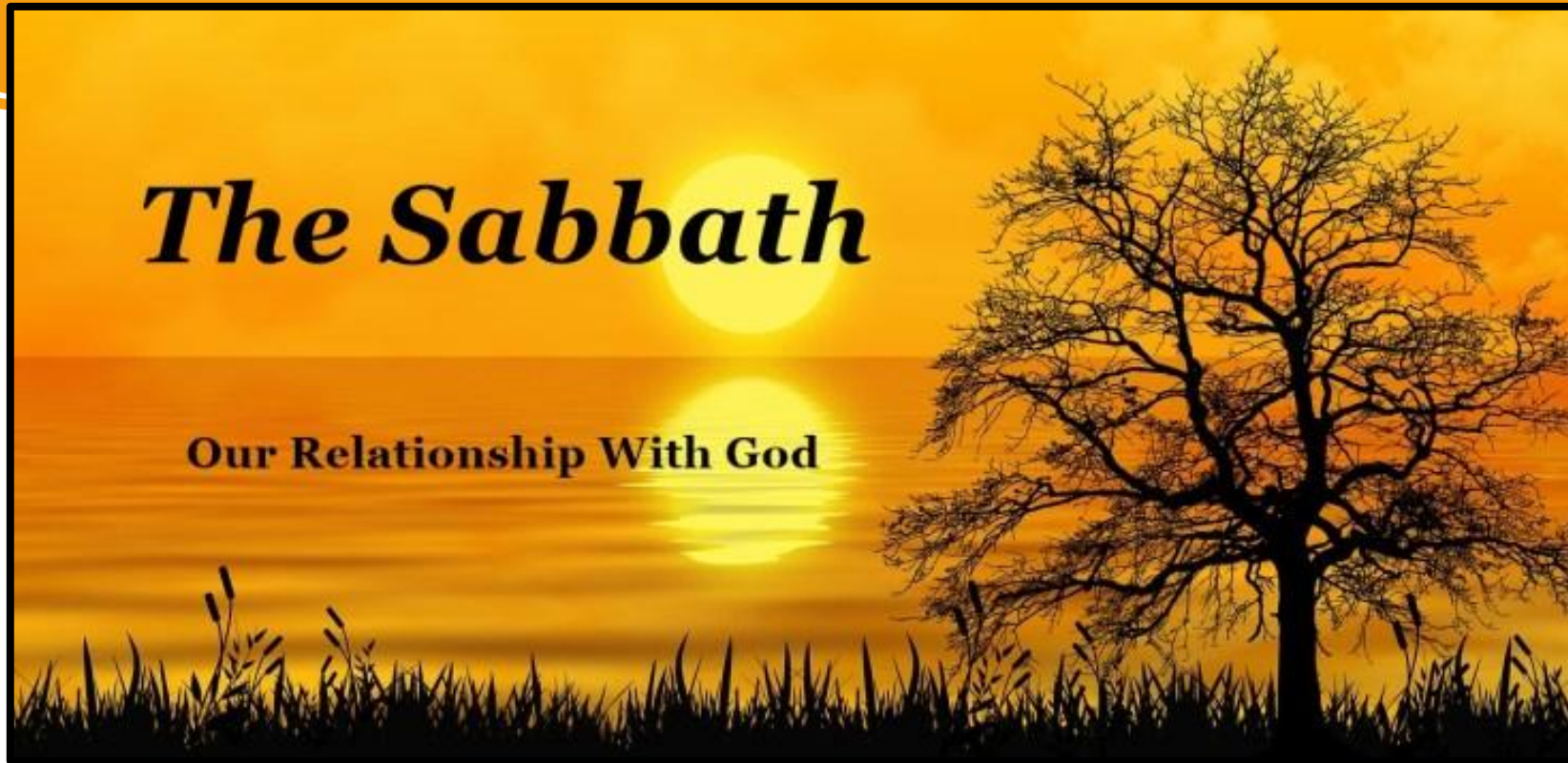


Church Women United, Inc.

**Agreed to Differ – Resolved to Love –
United to Serve**



**Joyfully Created by Rev. Lillie Holman
CWU Spiritual Formation Director**



The Sabbath

Our Relationship With God

“Rest on the Sabbath”

“Remember the sabbath day, to keep it holy.” (Exodus 20:8 ~ NKJV)

WHAT DOES THIS MEAN?

- The word “Sabbath” is derived from the Hebrew word “shabbat,” which means to “cease, desist or rest.”
- The Sabbath was ordained in creation and ordered by God even before the Ten Commandments were given to Moses on Mount Sinai. (Genesis 2:2-3; Exodus 16:23-30)
 - God values rest, spiritual refreshment and time for His people to worship Him.
 - As a gift, God gives all people a day to rest after six days of labor.
 - God knew how to preserve His creation and rest was a necessary component to that preservation.
 - Without rest, valuable topsoil is used up and the land becomes useless. In the same way without rest, we become unproductive.
 - Without spiritual refreshment, we can have “rested bodies” inhabited by “unrested minds.”
 - ***The very center of rest is the worship of God.*** Rest on the sabbath is where we find our fulfillment because worship is what we were made for.



The Sabbath

Our Relationship With God

- The Sabbath is to be a holy day, to rest, and praise God for creating us anew in Christ.
- In the Old Testament, the Sabbath day was observed on Saturday, the seventh day of the week, because God rested on the seventh day after creating the universe. (Genesis 2:1-3) Christ rose from the dead on the first day of the week, believed to be Sunday. (Matthew 28:1, 5-8) As such, most believers today recognize Sunday as the Sabbath day.
- Jesus honored the Sabbath day. (Matthew 12:1-8; Mark 1:21, 6:2; Luke 4:16, 6:6)
- When extenuating circumstances exist, be intentional to take a day as your personal Sabbath to maintain your intimate relationship with God.
- Additional reference scriptures:

Deuteronomy 5:12-15	Leviticus 23:3	Isaiah 58:13-14
Matthew 5:17-20	Matthew 11:28-30	Mark 2:27-28
Acts 13:42-44	Hebrews 4:9-11	
- ***The Sabbath day is an opportunity to renew our relationship with God and refocus on Him by honoring Him in our worship.***