

Sabbath (Hebrew = Shabbat = rest) (to cease)

“Some people rest by closing their eyes and thinking. Some people rest by walking or visiting or reading or playing. Rest means free to just be. A person is a person on the Sabbath.”

How do
you rest?



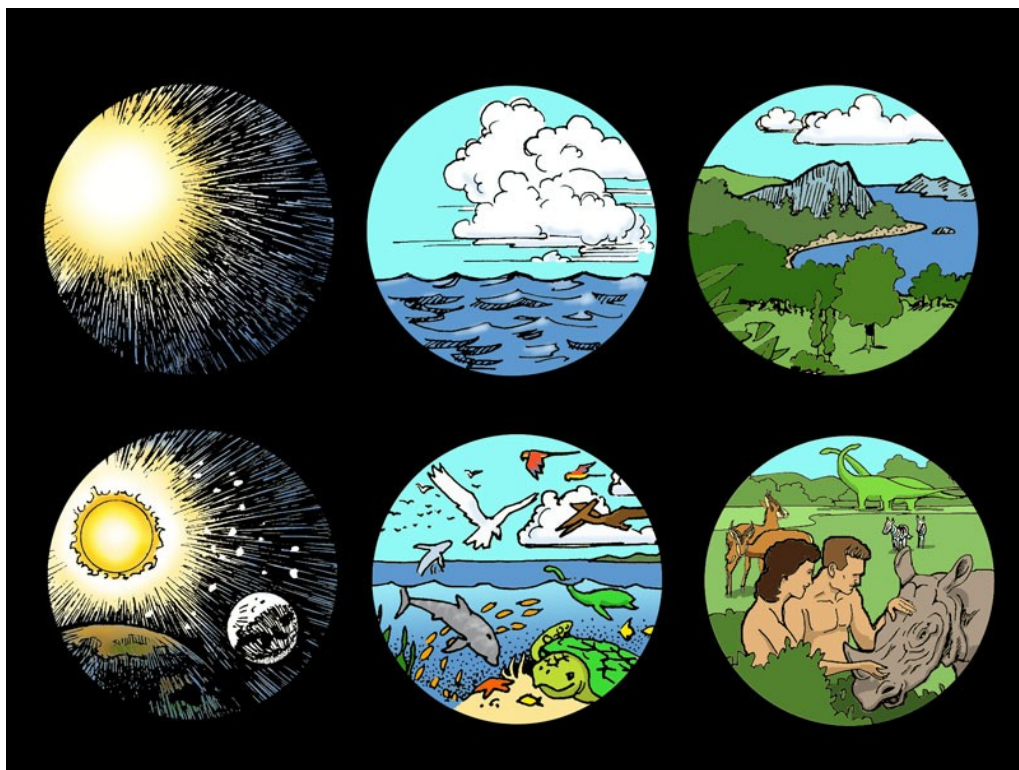
Why?

1. God told us to

Leviticus 23 (Sabbath is mentioned 1st)

“There are six days when you may work, but the seventh day is a day of sabbath... You are not to do any work...”

2. God modeled it for us



What did God do on the 7th day?

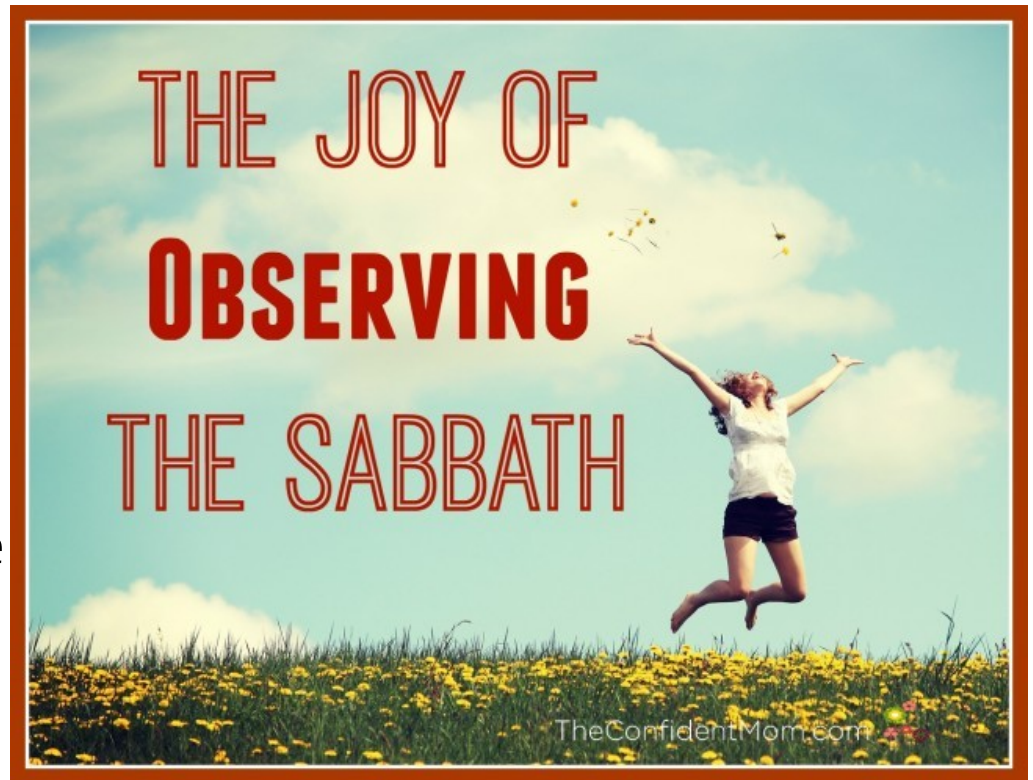
Why? Was he tired?

Exodus 20:8,11

***“Remember the Sabbath day by keeping it holy
-Resting will help you remember the rest you
got when you were rescued from slavery***

God made Sabbath as a gift for people.

People messed up God's plan with a long list of rules to make it exclude recreation and good works.



39 Main Categories of Work

| | | |
|--|---|--|
| Sowing Plowing Reaping Binding sheaves Threshing Winnowing Selecting Grinding Sifting Kneading Baking Shearing wool Washing wool | Beating wool Dyeing wool Spinning Weaving Making two loops Weaving two threads Separating two threads Tying Untying Sewing stitches Tearing Trapping Slaughtering | Flaying Tanning Scraping hide Marking hides Cutting hide to shape Writing two or more letters Erasing two or more letters Building Demolishing Extinguishing a fire Kindling a fire Putting the finishing touch on an object Transporting an object between a private domain and the public domain or for a distance of 4 cubits within the public domain. |
|--|---|--|

Makes you neglect or forget the importance of the day. Working to follow all these man-made rules can makes you smug, not grateful or re-charged.

In Israel today: (from travel website)

It is forbidden to work

- It is forbidden to switch electricity on and off
- It is forbidden to travel in vehicles
- It is forbidden to cook food





Matthew 12:12

it is lawful to do good on the Sabbath

The Joy of the Sabbath:

***To re-discover the places in us that are forgotten during the busy week.**

*** A special joy of family togetherness, where:**

“Hurry up” and “I’m too busy” have no place because we are giving each other the gift of time.

Celebrate

Celebrating the Sabbath



(Friday Night)

1. Have a clean house
2. Special foods prepared
3. Set table with your best

(these things are usually done for company, this shows that your family is worth the effort also. Also, easier to relax when you look around and see that the work has already been done.)

Mood = gentle and quiet, not strict and formal

=we meet God and receive his blessing with joy and personal friendship

4. Preparation prayer (mother) p 36

**Grant us and all our loved ones rest on this Sabbath day.
May the light of the candles drive out from amongst us
the spirit of anger, frustration, and fear.
Enter our hearts this night**

5. Lighting candles (mother)

*Eve – darkness of sin,

*Mary – Jesus – light of the world

-as the sun slips away

-traditionally signaled by blowing of shofar (ram's horn)



Candles:

-burn throughout evening

1. **This candle represents creation.
Blessed are you, O Lord our God
King of the Universe who brings forth
light out of darkness**



2. **This candle represents redemption
Jesus said, "I am the light of the world"**

6. Blessing of children and wife (father)

(from Proverbs 31)

A wife of noble character who can find? She is worth far more than rubies.

Many women do noble things, but you surpass them all. A woman who fears the LORD is to be praised.

THE SABBATH TABLE



BLESSING CHILDREN

7. Wine (dad does blessing) p 38

Blessed are you, O Lord our God, who creates the fruit of the vine

- cup passed for all to enjoy
- symbolizes life and joy – the cup is full!
- hold with fingers pointing upward
- symbolizes Christ's blood



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8. Hand washing

- symbolizes gratitude to God for sanctification
- the dedication of our hands



**9. Bread (Challah) *Mother prays for each family member as she makes bread, kneading in her love
*braided bread = folded arms, you can't work when your arms are folded**



***2 loaves – like double portion of manna**



* Placed under a covering, symbolic of the dew which covered, then evaporated, leaving manna



Blessing – by each person – as breaking

Blessed are you, O Lord our God, who brings forth the bread from the earth

***Salt – sprinkle on bread)**

Genesis 3:19 - “You shall gain bread by the sweat of your brow”



***Be thankful and joyful**

Ecclesiastes 9:7 “Eat your bread with joy”

***Knives – covered**

-A time of nourishing one another, not cutting one another down



10. Leisurely eat meal

11. Grace AFTER meal – when you are satisfied (p 41)

Blessed are you, O Lord our God

who provides the fruit of the earth for our use

We bless you for fulfilling your promise

that seedtime and harvest shall not fail

Teach us to remember

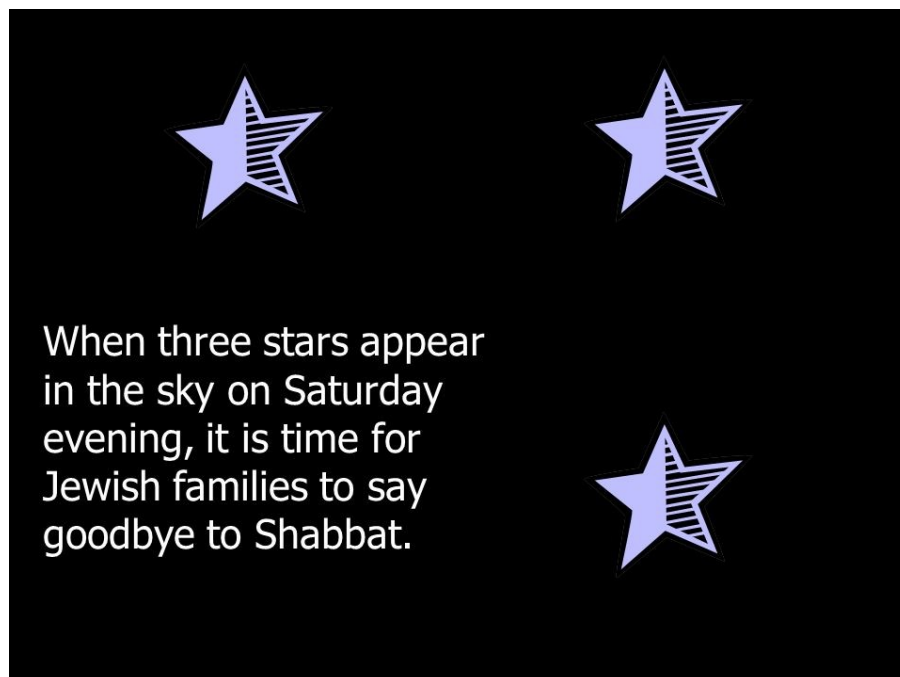
that it is not by bread alone that we live

Saturday

1. Enjoy your day! - free of busyness and pressure. Enjoy God's word

2. Crock pot lunch, simple supper (like salad and dessert)

3.



4.



A special plaited candle is lit.

This candle represents the togetherness that the family have enjoyed during Shabbat.

5. **Small glass in a bowl, pour wine in glass until it overflows = fullness and completion of week**

***My cup overflows – psalm 23:5**

***Jesus's blood was spilled**

6. **Flame extinguished by dipping flames in spilled wine**

***Sun went dark when Jesus died**



Shabbat finally ends when the candle is put out in a dish of wine.

**7. Spice box passed – to remember the fragrance of the Sabbath
*Women anointed Jesus' body**



8. Farewell prayer

**Thurs-Fri – get ready to Observe
Sun-Mon – Remember its glory**

Old Testament = Get ready!

New Testament = Remember me with joy!

Our heart:

Am I taking time to listen to God? To have relationship with God? To value others? Do I purposefully schedule spare time into my day and say, this time is for you, God

We often have too much – too much stuff, too much to do. Occupies our thoughts, cramming out any chance of anything else that God has planned. Or we fill our world with noise – TV, music, no time to hear the Lord. No space for his voice.

No margin (show paper)

My sister is often sad and wants to talk. Often time I do, but still, too many of my days look like this (paper). I know on those days, I didn't schedule time to do God's will.

Do you ever put off your homework until 7:00 on a Sunday night? Then maybe see that your parent is tired and would really be blessed if you offered to do the dishes for them? Or see a younger sibling who is sad or bored and would be thrilled to have you read them a book? Or see your Bible, and realize that some time with God is what you need. And then feel really sad that you put off your homework, because now you don't have much time to be listening to God's plan for you?

Not only too much to do, also, too much stuff
Isaac - clothes

Why do we focus on getting more, do more, when God is sufficient?

Sundays – grocery shop. Aldi was closed on Easter. Drove me a little batty, had to remember Sabbath. Church, lunch with relatives, flower show at Como with Jackie. It was good – rest. Renewed me.

I don't think that sitting eating chips while watching TV would have renewed me the same way. The way I spent Easter really did feel like a Sabbath to me. I think Jesus shows us that Sabbath is about relationship with Him, and relationship with others.

Do just people need rest? How about the land?

Exodus 23:10-11 “For six years you are to sow your fields and harvest the crops, but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what is left. Do the same with your vineyard and your olive grove.