

A THEOLOGY OF SABBATH

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Genesis 2:1-3

So the heavens and the earth and everything in them were completed. On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.

Sabbath means to _____ - and to do it with intention.

Genesis 3:17-19

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And he said to the man, "Because you listened to your wife and ate from the tree about which I commanded you, 'Do not eat from it': The ground is cursed because of you. You will eat from it by means of painful labor all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. You will eat bread by the sweat of your brow until you return to the ground, since you were taken from it. For you are dust, and you will return to dust."

Exodus 1:8-11

Exodus 3:6-8

Exodus 5:14-18

Exodus 20:1-2

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the place of slavery.

Exodus 20:8-11

Sabbath is about _____ in God's creation.

- Sabbath is a _____
- Sabbath is an _____
- Sabbath is a _____

Luke 4:14-21

Isaiah 61:1-3

"The Spirit of the Lord God is on me, because the Lord has anointed me to bring good news to the poor. He has sent me to heal the brokenhearted, to proclaim liberty to the captives and freedom to the prisoners; to proclaim the year of the Lord's favor, and the day of our God's vengeance; to comfort all who mourn, to provide for those who mourn in Zion; to give them a crown of beauty instead of ashes, festive oil instead of mourning, and splendid clothes instead of despair. And they will be called righteous trees, planted by the Lord to glorify him."

Sabbath is a gift. It's also not an option. How will you engage in the Lord's invitation into seventh-day rest?

Practical Steps:

1. Plan for the Sabbath

- Mark out a time and plan for it! Let it become "utterly unique" to every other day of the week.

2. Keep it Simple and Joyful

- Think about your sabbath in terms of "delight" vs. "driven-ness" - "want to" vs. "have to."
- What are the activities that bring you delight in that day? What sounds good, or fun or enjoyable? Do those things!

3. Set clear boundaries of what you will do and what you won't do.

- Be clear about your "won't do" and stick to it!
- What is on the "will do" list? Be open to even the small things that can bring you delight.

4. Give yourself grace.

- Sabbath takes practice!

Helpful Resources:

- *Sabbath as Resistance* - Wayne Brueggemann
- *The Emotionally Healthy Leader* - Peter Scazzero
- *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives* - Wayne Muller