



**Sabbath
Amnesia**




**More critical than a gift is
how we handle the gift.**






**Four things in the context
of Sabbath to help us
better handle this gift.**



Four things in the context
of Sabbath to help us
better handle this gift:




The rhythm of Sabbath

¹In the beginning God created the heavens and the earth.

³Then God said, "Let there be light," and there was light.

⁶Then God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth."

Genesis 1:1, 3, 6, 9, 26a NLT



⁹Then God said, “Let the waters beneath the sky flow together into one place, so dry ground may appear.” And that is what happened.

²⁶Then God said, “Let us make human beings in our image, to be like us.”


Genesis 1:1, 3, 6, 9, 26a NLT




¹So the creation of the heavens and the earth and everything in them was completed. ²On the seventh day God had finished his work of creation, so he rested from all his work. ³And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:1-3 NLT

**The seven-day week is not
the result of human ingenuity;
rather, it is a reflection of
God's brilliance.**




Four things in the context
of Sabbath to help us
better handle this gift:



The reasons for Sabbath

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The Sabbath **re-orientates us**



²⁶Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

²⁷So God created human beings in his own image. In the image of God he created them; male and female he created them.


Genesis 1:26–27, 31 NLT




³¹Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.

Genesis 1:26–27, 31 NLT






**The only thing that Adam and
Eve had to celebrate on that
first Sabbath was the Godhead
and what they had created.**




The reasons for Sabbath

**Sabbath is a weekly
reminder of God's
care for us**




No other god carries the well-being of creation as close to the heart as our God. In a restless world, our God requires rest.



The reasons for Sabbath

Sabbath is an
invitation to us



²⁸Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.”

Matthew 11:28–29 NLT

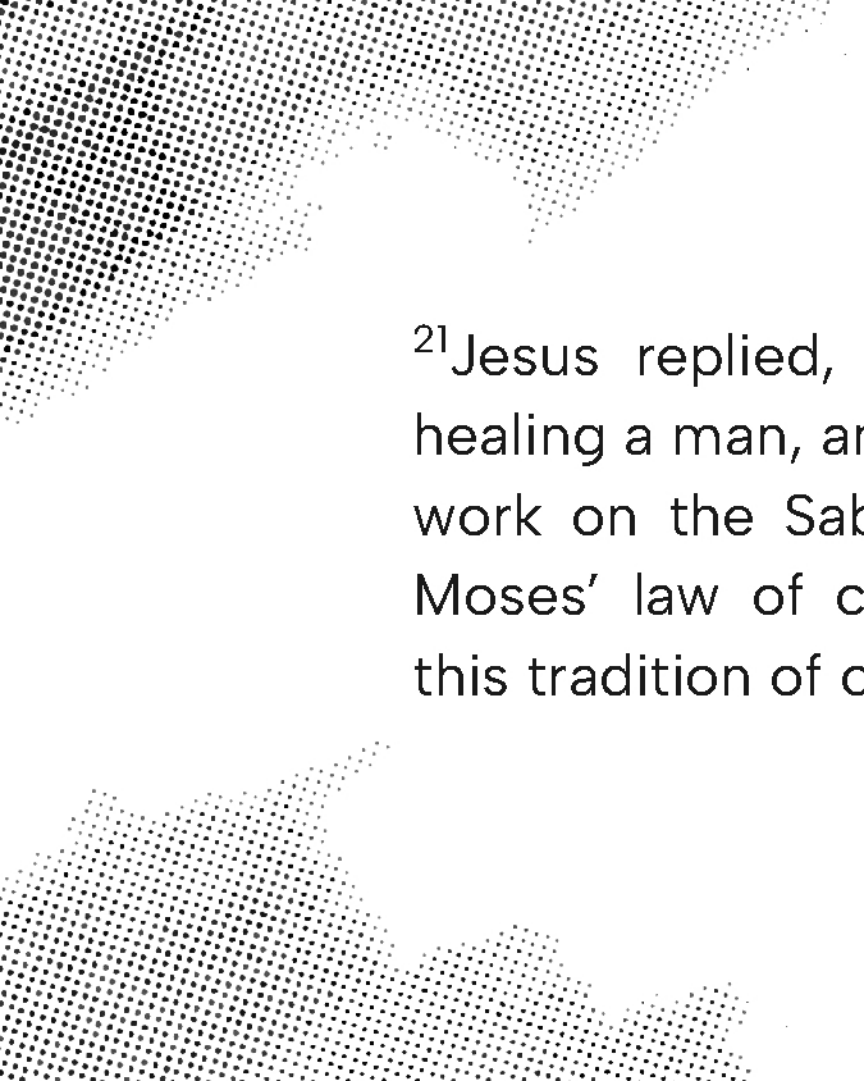




**Rest is found in Jesus, in
His teachings, His
rhythm, and His ways.**

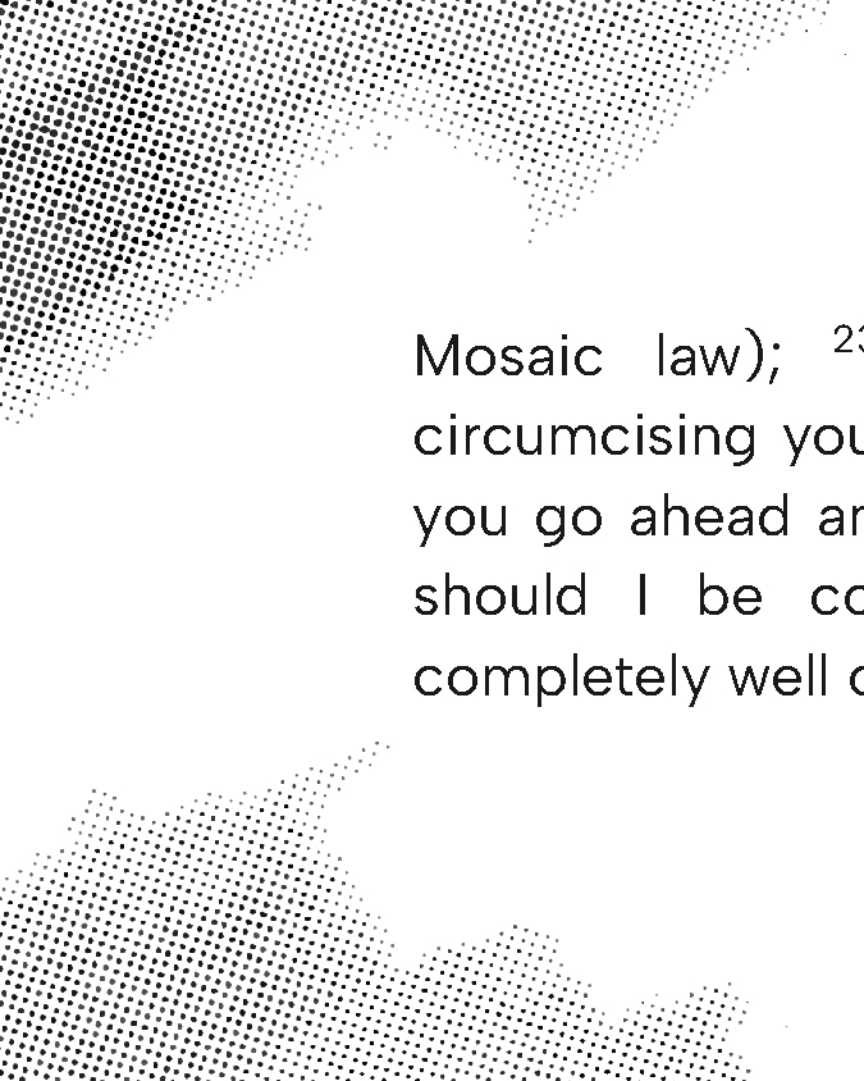
The reasons for Sabbath

**Sabbath is about
healing and restoring
broken people**




²¹Jesus replied, “I worked on the Sabbath by healing a man, and you were surprised. ²²But you work on the Sabbath, too, whenever you obey Moses’ law of circumcision (actually, however, this tradition of circumcision is older than the

John 7:21–23 TLB





Mosaic law); ²³for if the correct time for circumcising your children falls on the Sabbath, you go ahead and do it, as you should. So why should I be condemned for making a man completely well on the Sabbath?

John 7:21-23 TLB




**Sabbath healing is spiritual,
physical, emotional,
psychological, and relational.**





Four things in the context
of Sabbath to help us
better handle this gift:



The response to Sabbath

¹Jesus went into the synagogue again and noticed a man with a deformed hand. ²Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath.


Mark 3:1–6 NLT

³Jesus said to the man with the deformed hand, "Come and stand in front of everyone." ⁴Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him.


Mark 3:1-6 NLT

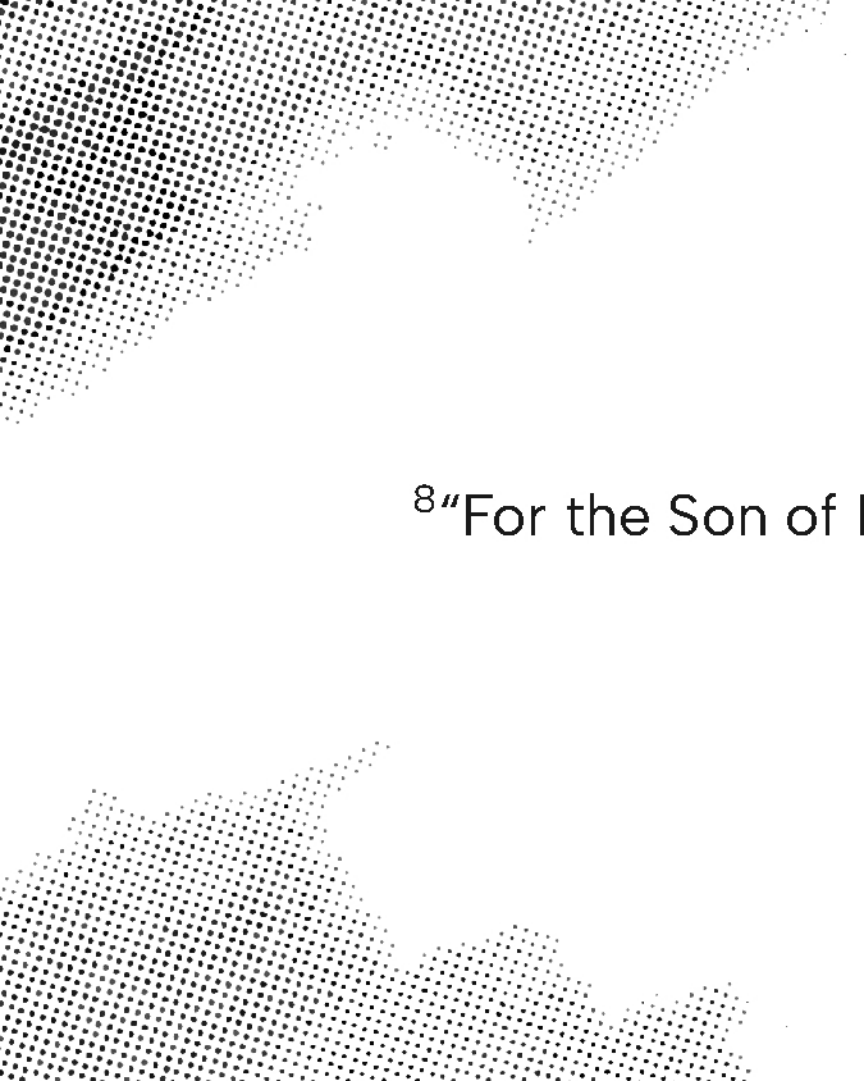
⁵He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, “Hold out your hand.” So the man held out his hand, and it was restored! ⁶At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.

Mark 3:1–6 NLT



The religious leaders were so concerned that Jesus had the audacity to heal on the Sabbath day that they were crippled from being able to experience the joy of the miracle.





⁸“For the Son of Man is lord of the Sabbath.”

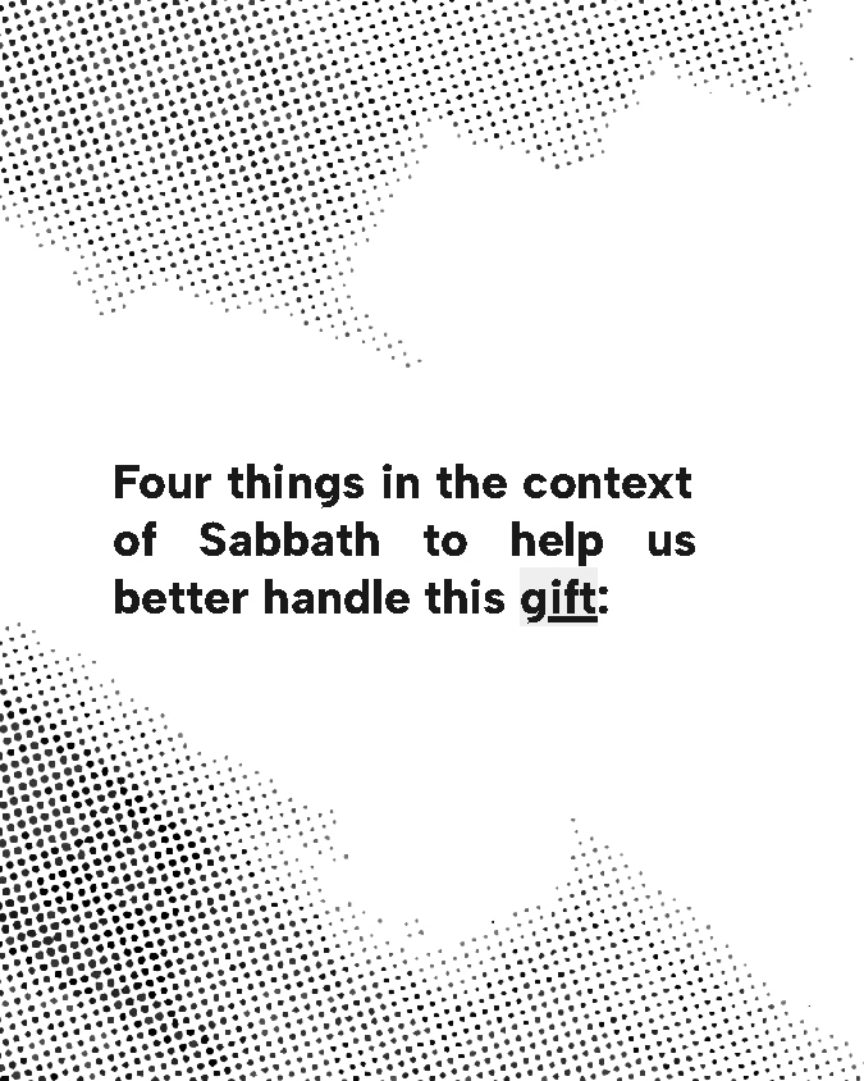
Matthew 12:8 ESV



Jesus himself is our Sabbath.

**We should be centering on
who our Sabbath is rather than
how or when we Sabbath.**





Four things in the context
of Sabbath to help us
better handle this gift:

The reality of Sabbath



**Sabbath is coming for
you one way or another.**





**Work hard
and rest well.**
