

Series 58  
The wisdom of the prophets  
Living the Rhythm of the Sabbath

Genesis 2:2 the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy. NIV

Exodus 20: 8 Remember to keep the Sabbath holy.<sup>9</sup> Work and get everything done during six days each week,<sup>10</sup> but the seventh day is a day of rest to honor the LORD your God.

Isaiah 58 :13-14 “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,<sup>14</sup> then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the LORD has spoken. NIV

Mark 2:27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

Living the Rhythm of the Sabbath is to:

**1. Remember**

Quote Ian McLaren: What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength.

Exodus 20: 8 Remember to keep the Sabbath holy.<sup>9</sup> Work and get everything done during six days each week,<sup>10</sup> but the seventh day is a day of rest to honor the LORD your God.

Matthew 6:25-30 That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?<sup>26</sup> Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?<sup>27</sup> Look at the lilies of the field and how they grow. They don't work or make their clothing,<sup>29</sup> yet Solomon in all his glory was not dressed as beautifully as they are.<sup>30</sup> And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you... Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. NLT

## **2. Rest**

Exodus 20: 10 the seventh day is a day of rest to honor the LORD your God.

Psalms 23:2-3 He makes me lie down in green pastures, he leads me beside quiet waters,<sup>3</sup> he refreshes my soul.

## **3. Restore**

Ephesians 6:12<sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. NIV

Isaiah 58:6, 7 Free those who are wrongly imprisoned;  
lighten the burden of those who work for you.  
Let the oppressed go free, and remove the chains that bind  
people. Share your food with the hungry, and give shelter to  
the homeless. Give clothes to those who need them, and  
do not hide from relatives who need your help NLT... then  
your light will rise in the darkness, and your darkness will be  
like the brightest time of day. <sup>11</sup> The Lord will always lead  
you. He will meet the needs of your soul in the dry times and  
give strength to your body. You will be like a garden that has  
enough water, like a well of water that never dries up. <sup>12</sup> And  
your cities which were destroyed long ago will be built again.  
You will set up the stones of the bases of the old buildings.  
You will be called the one who builds again the broken walls,  
and who makes the streets on which people live like new.  
NLV