

How To Joyfully Keep The Sabbath

Part 1 "The DO List"

How To Joyfully Keep The Sabbath- Well, it's very easy: The **Sabbath** is not and should not become a burden! The **Sabbath** relieves man of the burdens of life and frees us to enjoy our Father God completely. I set this study up a little differently, as there is a wonderful amount of content. So, in order to make it easier to understand on how to keep the **Sabbath**, I didn't present entire verses- just the reference point. This way they can be quickly read, and then referenced when desired. In this format, we can quickly know **how to keep the Sabbath-** in the fastest way possible!

Quick Sabbath Fact:

Did you know that out of the 39 Old Testament books, there are 93 Bible verses mentioning the **Sabbath**?

Of the 27 New Testament books, there are 62 verses that mention the **Sabbath**!

That averages out to 2.38 references per book in the OT.

And 2.29 references per book in the NT.

Yet, the NT gets the win, as it has the Lord of The Sabbath- JESUS! ;-)

Basic Guidelines:

- 1) If it can wait till after **Sabbath**, it should wait.
- 2) Whatever you do, let it be focused on God and His ways.
- 3) Refrain from speaking of that which does not glorify or involve God.
- 4) Don't work, or cause other people to work on your behalf, within your gates.
- 5) Enjoy the freedom of the **Sabbath** Day to reconnect with God and Family.

YES, YOU CAN

Jesus shows us How To Keep The Sabbath:

He said to them, “The Son of Man is lord of the **Sabbath**.”

(Luke 6:5)

The following are examples given to us by Jesus. These permissible activities presented by Jesus were in opposition to what the religious leaders of the day said was okay. Often you will find that these corrective lessons by Jesus made the leaders mad. So much so, that they wanted to kill him for “Breaking the **Sabbath**!” They failed to understand the Spirit of the Law, and focused on the letter of the Law. The **Sabbath** is empowered by God to relieve burdens from mankind, not add them. This ability is instilled into **Sabbath** so that we can focus on God in worshipful awe. The following examples of permissible activities free us from the legalistic dictates of the religious spirit. Then in Part 2, we will cover the “Burden Breakers” -the prohibited activities that bring a burden onto the **Sabbath**. In all this, be mindful that the power of the **Sabbath** is to relieve the burdens of life for everyone small and great!

“He said to them, “The Sabbath was made for man, not man for the **Sabbath**.”

(Mark 2:27)

As we explore how to keep the **Sabbath**, there is no better example than Jesus. We see in His actions the true spirit of **Sabbath**-keeping. Often people tend to look at the **Sabbath** as a list of “don’ts”, instead of being freed from the burdens of life. Here we see that the **Sabbath** empowers us to actually “DO” many wonderful things!

YES, WE CAN

Pick Food:

Jesus picked and ate food in a field on the **Sabbath** to meet their needs for that moment- He didn’t gather for later.

“At that time, Jesus went on the Sabbath day through the grain fields. His disciples were hungry and began to pluck heads of grain and to eat.” (Matthew 12:1)

Matthew 12:1-8 + Mark 2:23-28 + Luke 6:1-5

Healing:

Jesus teaches us that it is lawful to do “good” on the **Sabbath**, like helping the injured or needy. (Human & Animal)

“And behold there was a man with a withered hand. They asked him, “Is it lawful to heal on the Sabbath day?” that they might accuse him. He said to them, “What man is there among you, who has one sheep, and if this one falls into a pit on the Sabbath day, won’t he grab on to it, and lift it out? Of how much more value then is a man than a sheep! Therefore it is lawful to do good on the Sabbath day.” (Matthew 12:10-12)

Matthew 12:9-14 + Mark 3:1-5 + Mark 6:2 + Luke 6:7-10 + Luke 13:10-17 + Luke 14:1-6 +
John 5:5-9 + John 7:19-24 + John 9:6-16

Go To Church:

“He came to Nazareth, where he had been brought up. He entered, as was his custom, into the synagogue on the Sabbath day, and stood up to read.” (Luke 4:16)

Teaching:

Jesus taught people about God on the **Sabbath**.

“They went into Capernaum, and immediately on the Sabbath day he entered into the synagogue and taught.” (Mark 1:21)

Mark 1:21-22 + Mark 6:2 + Luke 4:31-32+ Luke 6:6 + Luke 13:10

Spiritual Warfare:

Jesus engages in Spiritual warfare and casts out demons on **Sabbath**.

Immediately there was in their synagogue... “Jesus rebuked him, saying, “Be quiet, and come out of him!” The unclean spirit, convulsing him and crying with a loud voice, came out of him.” (Mark 1:25-26)

Mark 1:23-27 + Luke 4:33-36

Go To A Friend’s House For Fellowship & Food:

Jesus goes for visits at other people’s houses to eat on the **Sabbath**.

“When he went into the house of one of the rulers of the Pharisees on a Sabbath to eat bread, they were watching him.” (Luke 14:1)

Gathering Your Immediate Belongings:

Jesus instructs that it is okay to carry your belongings with you on **Sabbath**, if immediately necessary. Like, carrying your Bible, potluck dishes, baby bag, etc. -the possessions you need for the day.

“Jesus said to him, “Arise, take up your mat, and walk.” Immediately, the man was made well, and took up his mat and walked. Now it was the Sabbath on that day. So the Jews said to him who was cured, “It is the Sabbath. It is not lawful for you to carry the mat.” (John 5:8-10)

John 5:1-14

Let's Take a quick look at The Disciples of Jesus after His resurrection:

The disciples of Jesus can also give us examples on how to keep the Sabbath.

The Disciples still gathered on Sabbath-

“But they, passing on from Perga, came to Antioch of Pisidia. They went into the synagogue on the Sabbath day, and sat down.” (Acts 13:14)

The Disciples preached on Sabbath-

“Paul, as was his custom, went in to them, and for three Sabbath days reasoned with them from the Scriptures,” (Acts 17:2)

Acts 13:44 + Acts 17:1-3 + Acts 18:4

On Sabbath, they traveled outside of the city to enjoy the countryside and pray. (Also known as “nature walks”.)

“On the Sabbath day we went outside of the city by a riverside, where we supposed there was a place of prayer, and we sat down, and spoke to the women who had come together.” (Acts 16:13)

Acts 16:13-15

The Do List

The **Sabbath** is full of positive and empowering Commands to help break down burdens and enhance our enjoyment of the **Sabbath**! As we learn how to keep the Sabbath, let us remember that we are not being deprived of anything at all, yet being empowered to the fullest so we can enjoy God's presence.

Do Remember The Sabbath To Keep It Holy.

"Remember the Sabbath day, to keep it holy. (Exodus 20:8)

Do Observe The Sabbath.

"Observe the Sabbath day, to keep it holy, as Yahweh your God commanded you."
(Deuteronomy 5:12)

Do Remember That God Saved You Out of Slavery to the World.

"...and thou hast remembered that a servant thou hast been in the land of Egypt, and Jehovah thy God is bringing thee out thence by a strong hand, and by a stretched-out arm; therefore hath Jehovah thy God commanded thee to keep the day of the sabbath." (Deuteronomy 5:15)

Do Your Work In 6 Days.

"You shall labor six days, and do all your work," (Exodus 20:9)

Do Protect The Blessing Placed Upon The Sabbath.

"for in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore Yahweh blessed the Sabbath day, and made it holy."
(Exodus 20:11)

Do What Is Pleasing In God's Sight.

"For so says Jehovah to the eunuchs who keep My Sabbath, and choose things that please Me, and take hold of My covenant;" (Isaiah 56:4)

Do Join With God, Love God & His Name.

"Also the foreigners who join themselves to Yahweh, to serve him, and to love Yahweh's name, to be his servants, everyone who keeps the Sabbath from profaning it, and holds fast my covenant;" (Isaiah 56:6)

Do Be Joyful In God's House Of Prayer.

"I will bring these to my holy mountain, and make them joyful in my house of prayer. Their burnt offerings and their sacrifices will be accepted on my altar; for my house will be called a house of prayer for all peoples." (Isaiah 56:7)

Do Incline Your Ear To The Lord And Receive His Instruction.

... on the Sabbath day. .. "They didn't turn their ear, but made their neck stiff, that they might not hear, and might not receive instruction." (Jeremiah 17:22)

Jeremiah 17:22-23

Do Call Sabbath A Delight

"and call the Sabbath a delight,..." (Isaiah 58:13a)

Do Call Sabbath Holy & Honorable.

"And the holy of Yahweh honorable;..." (Isaiah 58:13b)

Do Honor God On The Sabbath.

"and shall honor it,..." (Isaiah 58:13c)

Do Receive The Blessings Of The Sabbath.

Isaiah 58:13-14 -In Full-

"If you turn away your foot from the **Sabbath**, from doing your pleasure on my holy day; and call the **Sabbath** a delight, and the holy of Yahweh honorable; and shall honor it, not doing your own ways, nor finding your own pleasure, nor speaking your own words: then you shall delight yourself in Yahweh; and I will make you to ride on the high places of the earth; and I will feed you with the heritage of Jacob your father:" for Yahweh's mouth has spoken it."

Key Concepts

The following are key concepts to understand **how to keep the Sabbath**:

The Sabbath is the 7th day of the week- Saturday.

“On the seventh day God finished his work which he had done; and he rested on the seventh day from all his work which he had done. God blessed the seventh day, and made it holy, because he rested in it from all his work of creation which he had done.” (Genesis 2:2-3)

Sabbath Starts on Friday night (sunset) and Ends Saturday night (sunset).

“God called the light “day”, and the darkness he called “night”. There was evening and there was morning, the first day.” (Genesis 1:5)

As you see here, the Biblical day starts at sunset and ends at the next sunset.

Preparation Day

“When evening had now come, because it was the Preparation Day, that is, the day before the **Sabbath**,” (Mark 15:42)

Preparation Day: The day before **Sabbath**, starting at sundown on Thursday night until Friday at sunset. On this day we are to finish up any work, chores, and burdensome cooking. In doing this, we set the stage for a worry-free **Sabbath**. The goal is to anticipate any need you might have on **Sabbath**, and accomplish it beforehand. Not unlike preparing to go on vacation.

As for me and my family, we do cook food on **Sabbath**-if it is food to be used on **Sabbath**. We do not cook or heat up food that would be for another time, not even for when after **Sabbath** ends.

Sabbath Days Journey

“Then they returned to Jerusalem from the mountain called Olivet, which is near Jerusalem, a **Sabbath** day’s journey away.” (Acts 1:12)

*This is not given by God, but was tradition. Yet, I would suggest is a good tradition. How restful would **Sabbath** be if you had to spend the entire day travelling? It wasn’t only meant to prevent long trips. I would say it was also to prevent other people from being forced to travel by their masters and rulers. They could say “I can’t do that, it’s beyond 2000 paces”, thereby freeing them of this burden-forced exertion. There is no rule of thumb for the modern believer. I would keep this key concept in your heart and mind. If traveling great distances on the Sabbath becomes a burden or chore, then it should be avoided on **Sabbath** -especially if you would have to stop and buy gas.

The Sabbath Song

Psalms 92

A song for the **Sabbath** day:

*Notice the focus on the works of God, as God rested and celebrated His work on Sabbath.

“It is a good thing to give thanks to Yahweh, to sing praises to your name, Most High; to proclaim your loving kindness in the morning, and your faithfulness every night, with the ten-stringed lute, with the harp, and with the melody of the lyre. For you, Yahweh, have made me glad through your work.

I will triumph in the works of your hands. How great are your works, Yahweh! Your thoughts are very deep. A senseless man doesn't know, neither does a fool understand this: though the wicked spring up as the grass, and all the evildoers flourish, they will be destroyed forever.

But you, Yahweh, are on high forever more. For, behold, your enemies, Yahweh, for, behold, your enemies shall perish. All the evildoers will be scattered. But you have exalted my horn like that of the wild ox. I am anointed with fresh oil.

My eye has also seen my enemies. My ears have heard of the wicked enemies who rise up against me. The righteous shall flourish like the palm tree. He will grow like a cedar in Lebanon. They are planted in Yahweh's house. They will flourish in our God's courts. They will still produce fruit in old age. They will be full of sap and green, to show that Yahweh is upright.

He is my rock, and there is no unrighteousness in him.”