



The Blessings of the Sabbath

I. OPENING THOUGHTS

A. Why? Why talk about the Sabbath?

1. There are individual, family, and corporate benefits as we grow in our understanding (and implementation) of the Sabbath.
2. Greater revelations come to us as we honor this day that He commands us to observe.
3. Obedience Brings Blessing

13 And you must always obey YHWH's commands and decrees that I am giving you today for your own good.
Deuteronomy 10:13

B. Personal Story: As a young single man, I was drawn into the blessings of personally keeping the Sabbath as I observed the blessings in the lives of two families who had kept the Sabbath for many years. I equated blessings in their lives related to honoring the Sabbath and didn't want to miss out on these blessings. I grew increasingly desirous of having these blessings in my own life. Having these positive benefits in my own life was my initial motivation to observe the Sabbath day.

C. Others' Stories & My Own Stories: I became fascinated to hear other Believer's stories about how they had seen God respond and bless them as they stepped out in faith to observe the Sabbath. I also have encountered my own stories as I too stepped out in faith.

II. PRESUPPOSITIONS/FOUNDATIONS

A. Relevant for All: The Sabbath is not just a "Jewish" holy day, but is relevant (for all of God's people) [Gen. 2:2-3, Lev. 23:1-3, Is. 56:6-7]

1. YHWH Blessed This Day in the Garden

2 On the seventh day God had finished his work of creation, so He rested from all His work. 3 And 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

2. It is a Biblical Sign of the Foreigners Connection to YHWH

6 "Also the foreigners who join themselves to YHWH, to minister to Him, and to love the name of YHWH, to be His servants, every one who keeps from profaning the sabbath and holds fast My covenant; 7 Even those I will bring to My holy mountain and make them joyful in My house of prayer. Their burnt offerings and their sacrifices will be acceptable on My altar; for My house will be called a house of prayer for all the peoples." Isaiah 56:6-7

3. Part of the Future Calendar

"And it shall be from new moon to new moon and from sabbath to sabbath, all mankind will come to bow down before Me," says YHWH. Isaiah 66:23

B. The Sabbath is One of the Ten Commandments

1. Called to Remember: It is the only one of the ten commandments that God calls us to remember (Exodus 20:8).

2. Not Optional: God didn't make Sabbath keeping any more optional than He did the commandment against adultery. Clifford Goldstein in *A Pause for Peace*.

C. Sabbath is Not Sunday: Sunday is not the Sabbath & YHWH never changed the Sabbath to Sunday. For those interested in studying more about this, Samuele Bacchiocchi's book *From Sabbath to Sunday* effectively shows the historical progression (not based on the Bible) of those who "changed the day."

D. A 24-Hour Period: The Sabbath is a 24-hour period on the seventh day of the week which (according to God's way of determining the days [Genesis 1:8,13, etc.]) goes from Friday evening sundown to Saturday evening sundown.

III. ATTITUDES TO FOSTER

- A. Different Applications:** Different people will be in different places related to the Sabbath
1. “I’m not sure the Sabbath is for me”
 2. Sabbath Neophyte
 3. Lighthouse “Regular”
 4. Lighthouse Leader: It is not until a person is at the Servant Team level that we ask them to commit to honoring the Sabbath in more practical, concrete ways.
 5. Different Applications for Different Seasons
- B. A Great “YES” and Lesser “No’s”:** When we have a greater, joyful “Yes” resounding in our heart, we by consequence will be saying “no” to a multitude of lesser things. With Sabbath observance we are saying a “YES” to God as the foundation for our lives. This “yes” crowds out a multitude of other clamoring items as we seek to worship God by honoring Him and the day that He blessed and sanctified.
- C. Conviction:** As we look at principles of Sabbath-observance, we all have much room for improvement. In light of this, there is a high likelihood of conviction as we look at what the Bible says about the Sabbath. I encourage us to let the Holy Spirit personally emphasize what we need to focus on regarding the Sabbath which will be unique for each of us. If we listen, He will show us what is most important for us to implement right now.
- a. *“Even when I do it wrong and miss the joy You’ve planned, no matter what may happen child, I’ll never let go of your hand.”* from Don Francisco’s *Never Let Go of Your Hand*
- D. Do What You Can** (even if it is only a small portion of what you ultimately want to do): Sometimes we have a tendency not to do *anything* because we can’t do *everything* that we want to do. Related to the Sabbath, we can take small steps towards a greater fulfillment of what we see biblically that Sabbath-keeping encompasses. “A half loaf (of bread) is better than no loaf”
- E. Weightiest Focus:** We can easily become overwhelmed if we focus on tedious minutiae related to what we think is involved in “keeping the Sabbath day holy.” If we focus on the “weightiest” aspects of the day, namely, resting and convocating with fellow Believers and delighting in the day that God specifically designed for our benefit, we will hit the heart of what God intended. We will then be less prone to becoming disillusioned by trying to do a multitude of other lesser important things and losing sight of the main reasons God gave us this day to bless us.
- F. Delighting in the Sabbath:** the Scriptures say that the Sabbath is to be a delight to us (Isaiah 58:13).
1. Notice it doesn’t say to “endure” the Sabbath.
 2. Yeshua stated that the Sabbath was made for mankind.
27Then Yeshua said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. 28So the Son of Man is Lord, even over the Sabbath!”
Mark 2:27-28
 3. It is not to be a day of frustration but a day of delight, refreshment, and love.
 4. It is to be a mini-vacation that we can look forward to all week long.
- G. Walking Out Your Own Faith:** I rarely encourage others as to what convictions they should uphold or how they should personally observe the Sabbath. This is something that each person needs to develop their own convictions about as they continue to study the Word of God and pray about how to implement what they are discovering.
1. *But My Employer Would Never Go For This:* YHWH is bigger than your employer and is well able to make fresh opportunities for us as we attempt to honor Him and His word.
- H. Sojourners in a Foreign Land**
1. We are to keep the weightier aspects of the Sabbath as the main thing.
 2. It’s not easy being counter-culture with aspects of our religious practice.
 3. There will be principled exceptions from time to time.
- I. Yeshua:** Our relationship with Yeshua is to be a primary focus on the Sabbath (Matthew 12:6-8).

IV. PRINCIPLES OF SABBATH OBSERVANCE

¹²Observe [*shamar* (1036b) to keep, watch, preserve] the sabbath day to keep it holy, [*qadash* (872d) to be set apart or consecrated] as YHWH your God commanded you. Deuteronomy 5:12

A. Resting (Joyfully ceasing from our secular work) (Ex. 20:8-10; Isaiah 56:2-8; Isaiah 58:12-14)

⁸"Remember the sabbath day, to keep it holy. ⁹"Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath of YHWH your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. Exodus 20:8-10

²"How blessed is the man who does this, And the son of man who takes hold of it; Who keeps from profaning the sabbath, And keeps his hand from doing any evil." ³Let not the foreigner who has joined himself to YHWH say, "YHWH will surely separate me from His people." Nor let the eunuch say, "Behold, I am a dry tree."

⁴For thus says YHWH, "To the eunuchs who keep My sabbaths, And choose what pleases Me, And hold fast My covenant, ⁵To them I will give in My house and within My walls a memorial, And a name better than that of sons and daughters; I will give them an everlasting name which will not be cut off. ⁶Also the foreigners who join themselves to YHWH, To minister to Him, and to love the name of YHWH, To be His servants, every one who keeps from profaning the sabbath And holds fast My covenant; ⁷Even those I will bring to My holy mountain And make them joyful in My house of prayer. Their burnt offerings and their sacrifices will be acceptable on My altar; For My house will be called a house of prayer for all the peoples." ⁸The Lord YHWH, who gathers the dispersed of Israel, declares, "Yet others I will gather to them, to those already gathered." Isaiah 56:2-8

¹²"Those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; And you will be called the repairer of the breach, The restorer of the streets in which to dwell. ¹³"If because of the sabbath, you turn your foot from doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of YHWH honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word, ¹⁴Then you will take delight in YHWH, And I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, For the mouth of YHWH has spoken." Isaiah 58:12-14

1. Do...

- a. Proclaim the day a delight *oneg* (772b) *daintiness, exquisite delight* [Is. 58:13-14]
- b. Honor *kabad* or *kabed* (457a) *to be heavy, weighty, or burdensome* the day [Is. 58:13-14]
 - i. Day was designed by God for our benefit [Mark 2:27]
- c. Rest [Ex. 20:9-10; 31:14-15; 35:2; Lev. 23:3; Deut. 5:13-14]
 - i. Resting is important and takes time
 - ii. We're not to be paralytic or inactive for 24 hours, but to have a leisurely Godward focus
- d. Redemptive work is proscribed on the Sabbath [Luke 13:10-16; John 5:10-16]
 - i. The priest's work was increased on the Sabbath.
- e. Focus on Yeshua and our relationship to Him [Matt. 12:6-8]

2. Cease From...

- a. Work *melakah* (521d) *occupation, work* [Ex. 20:9-10; 31:14-15; 35:2; Lev. 23:3; Deut. 5:13-14]
- b. Causing others to work for you [Ex. 20:8-10; Deut. 5:14-15; Neh. 13:15-22]
- c. **Your own** pleasure [*chephets* (343a)], way [*derek* (202c) *way, road, distance, journey, manner*], or word [*dabar* (182a) *speech, word*] Isaiah 58:13-14
- d. For some, the Sabbath merely consists of attending the Sabbath service. They will hurriedly work and "do their own thing" right up to the service and then resume their frenetic pace right after the corporate meeting is over. While they are correct in observing the holy assembly, they are missing the additionally important aspect of a set-apart 24-hour rest period where they cease from all their normal weekly work and responsibilities.

3. Benefits of Resting on the Sabbath

- a. We have focused time to strengthen our relationships with our family, friends, and community.
- b. We are personally refreshed & relationally strengthened.
- c. We have a greater ability to receive from God as we focus on Him.

- d. It fosters a greater dependency on God.
 - e. It allows us time to assess, enjoy creation, and spend time with your family or loved ones.
 - f. *“Sabbath doesn't hold within it a special 24 hours magical promise to [benefit] families but the precious time together to seek that ideal.”* Clifford Goldstein’s *A Pause for Peace*.
4. Sabbath-keeping is Different than Sunday-keeping
- a. On the Sabbath, we rest for God’s 24-hour proscribed period as an act of worship to Him
 - b. “Sunday-keeping” is only an hour (maybe a bit longer) of a corporate worship experience
 - i. Many thousands of Catholic and Protestant congregations presently have Saturday afternoon/evening services which (while technically being on the Sabbath) doesn’t fulfill the heart of a sanctified 24-hour period on the seventh day.
 - c. The essence of Sabbath-keeping is a 24-hour consecration of time set apart to YHWH.
5. Working 6 Days: a part of “Sabbath-resting” is that we have six days of work
- a. We can break the Sabbath commandment on Monday or Thursday by loafing around.
 - b. If we aren’t working diligently during the week when Friday night comes around, we have less reason to celebrate.
6. Welcoming Yeshua: on the Sabbath, we can welcome Him as the special Guest of honor in our home.
- a. The Sabbath is designed to help us cultivate our relationship with Yeshua by focusing on Him during this time.
7. Our Intention is Important
- a. What pleases God is our intention—why we do what we do on the Sabbath
 - b. Going for a walk on the Sabbath
 - i. If I go out for a Sabbath walk to specifically lose weight, then my focus is on myself and not God...in this example, I’m primarily out to benefit myself.
 - ii. I hit the heart more fully if I go out to delight in God and the beauty of His creation as my primary motivation.

B. Holy Convocation: a sacred, set-apart, corporate assembly of Believers

²*“Speak to the sons of Israel and say to them, ‘YHWH’s appointed times which you shall proclaim as holy convocations -- My appointed times are these: ³For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation. You shall not do any work; it is a sabbath to YHWH in all your dwellings. Leviticus 23:2-3*

1. Definition: The JPS Torah Commentary on Leviticus 23 states, “...mikra’ kodesh “ [is] a sacred assembly, convocation” ...a summoning for the community to come together for common worship and celebration.”
2. Not Just a Rest Day: “We see that God’s holy day is on the seventh day of the week (and not the first). We also note that it is a holy day not a holiday. It is a 24-hour period from Friday sunset to Saturday sunset. It is also clear, to the careful and considerate reader, that the Sabbath has two primary aspects related to it, rest and a holy corporate assembly, which are required of true Believers. It is NOT just a day of rest! It requires a holy corporate assembly of Believers to offer up corporate worship to God and receive instruction from Him in order to fulfill the two main precepts regarding the Sabbath. Many think they do not need to “convocate” on Sabbath. Instead, they stay at home and “rest.” But, this does not fulfill our responsibility to the King of Glory. Resting is only half the command.”
3. Aspects
 - a. Appointed Time [*moed* or *moadah* (417b)]
 - i. The Creator of the universe has set up a weekly appointment with us.
 - ii. “It’s not about you.” Our feelings will vacillate related to our desire to congregate on the Sabbath with other Believers and the perceived benefit that comes from these convocations. We ultimately honor God (and not our feelings) by obeying Him related to meeting together on His Sabbath.
 - iii. No vacation from God. When we are out of town or on vacation on the Sabbath, we are to find a group of like-minded Believers that we can worship together with.
 - b. Holy [*qodesh* (871c) *apartness, sacredness*]

- c. Convocation [*migra* (896d) *a convocation, assembly, summoning*]
 - i. We can't observe the Sabbath in its intended design alone or just with our family.
- d. The corporate meeting is primarily focused on edifying the Believers

4. Personal Application

- a. We convocate and meet for a corporate time together in a Yeshua-centered holy assembly.
- b. We fellowship, worship together, receive biblical instruction, and minister to (and receive ministry from) God's people on the Sabbath.
- c. The Sabbath is a set-apart, holy, corporate time that allows us personal assessment and a deliberate focus on God.

5. Benefits

- a. Community Building:
 - i. We are corporately strengthened by our consistent weekly time together.
 - ii. Consistently meeting together each week forces us to work through issues we might have with each other.
- b. Centering Stability: Our corporate Sabbath worship experience brings a stabilizing locus of activity with YHWH at the center. We declare each week that He is our God, our lord, and the foundation of our lives.
- c. Corporate Accountability: The Sabbath convocation is a weekly reminder that we are not only accountable to God but to the local congregation of Believers that we are a part of. Sabbath convocations are consistent times that we declare that we are not "lone rangers" on our own but are actively committed and accountable to each other.

C. Remembrances (Remember the Day)

1. Anticipate and Prepare for It: [Ex. 16:22-30; Luke 23:54]
2. Safeguard It with Others
 - a. Friday night marker: initiating the start of the Sabbath together as friends and family
 - i. An "erev Shabbat" meal which incorporates eating, fellowship, worship, and ministry time together.
 - b. Saturday night marker: having a time of celebrating our Sabbath time together and bringing a reminder of the end of the Sabbath and the start of the new week.
3. Doing Special Things: We can do special things on this day to heighten our anticipation of it.
 - a. "It's the sum of the small things that make the Sabbath a delight." *A Pause for Peace*
4. Include Others: Remember those who would be left out and be intentional in including them on this day.

V. SERVICE TO GOD, OURSELF, & OTHERS

(Taken from Samuele Bacchoicchi's Sabbath teachings)

A. Service to God

1. Why does God specifically want this time? In the use of our time we present Him as our highest priority
2. Love Involves Time: We present our time to those we love
 - a. On the Sabbath, we declare that God is our First Love.
3. Focusing on God: one of the ways we can do this is to look at passages about the Sabbath that particularly bring out divine attributes that God relates to the Sabbath
 - a. Creation [Exodus 20:8-11]: YHWH is sovereign and has created perfectly

*11For in six days **YHWH made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why YHWH blessed the Sabbath day and set it apart as holy.***
Exodus 20:11
 - b. Redemption [Deut. 5:12-15; Hebrews 4:1-11]: God has delivered us and redeemed us completely

*15Remember that you were once slaves in Egypt, but YHWH your **God brought you out** with his strong hand and powerful arm. That is why YHWH your God has commanded you to rest on the Sabbath day.* Deuteronomy 5:15

10For all who have entered into God's rest have rested from their labors, just as God did after creating the world. 11So let us do our best to enter that rest. Hebrews 4:10-11a

Olsen's *The Blessings of the Sabbath* (18-0106)

- c. Sanctification [Exodus 31:12-17]: “I am YHWH who sanctifies you”
13 “*Tell the people of Israel: ‘Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It [the Sabbath] is given so you may know that I am YHWH, who **makes you holy.*** Exodus 31:13
- d. Restoration: He will restore us ultimately. The Sabbath is a weekly foreshadowing picture of the peace we will ultimately have when Yeshua returns as King to rule the earth from Jerusalem.

B. Service to Ourselves

- 1. Rest: On the Sabbath, we take time for mental, physical, emotional, and spiritual rest.
 - a. We become more receptive and responsive to the work of God in our life by resting.
- 2. Legalism? How can we be legalistic if we don’t work on the Sabbath? We are resting and resting in itself is an act of resignation from our own human effort.
- 3. Ideas for Personal Resting: Resting doesn’t necessarily come easy or naturally. Observing the Sabbath gives us a weekly opportunity to grow in our ability to personally rest and be renewed.
 - a. Rest on the Sabbath as if all our work is done
 - i. We also are to rest from the thought of work.
 - ii. We obviously have not “finished” many things but at sunset on Friday, we lay those things down and refuse to pick it up again until the Sabbath is over.
 - iii. We are not to spend the day planning the work that we will be doing.
 - iv. Our mind becomes at rest because we are resting in God.
 - b. Plan for a time of meditation
 - i. We don’t rush from one thing to another but we practice becoming still and knowing that He is God. Psalm 46:10
 - ii. We leisurely and meditatively read from the Scripture or from devotional material.
Devotionally reading is different than reading for investigation and analyzation.
 - c. Enjoy the beauty and goodness of God’s creation

C. Service to Others (spouse, family members, friends, and the needy)

- 1. Remembering Others: There is a long biblical list of persons to be remembered on the Sabbath (Exodus 20:10)
 - a. Even our animals are to be included in our Sabbath observance!
- 2. Doing Good: The Sabbath is a day for liberation, mercy and doing good.
 - a. Yeshua had seven Sabbath healing episodes recorded in the Gospels
 - b. Yeshua deliberately upset the religious leaders by breaking their perception of what should not be done on the Sabbath—by healing and doing good on this day.
- 3. Spousal Blessing
 - a. The Sabbath is designed to bring husband and wife together.
 - b. Sabbath and marriage are both sacred covenants that originated in the Garden of Eden.
- 4. Family Blessing
 - a. Family members can relax and leisurely celebrate set-apart time together.
 - b. The parents have a unique opportunity to bond and be with their children because they aren’t working.
- 5. Needy Others
 - a. We have an opportunity to reach out and comfort others who are in need: we can plan specific time (perhaps a half-hour or more) on the Sabbath to meet with and encourage someone in need.
- 6. Singles: Those who are single can still find great enjoyment in the Sabbath (even without a spouse or children). God will give singles ideas of how the Sabbath can be a great benefit to them as they ask Him for ideas in how to personally make the day a great delight.

VI. A MIRACULOUS DAY

A. Sabbath Manna [Exodus 16:11-36]

1. God Rests Again: God miraculously rained down “bread from heaven” for the Israelites as they were in the wilderness before inhabiting the Promised Land. He sent this manna on the six normal days of the week, but God “rested” and didn’t send down any manna on the Sabbath.
22On the sixth day, they gathered twice as much [manna] as usual—four quarts for each person instead of two....26You may gather the food [manna] for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.” Exodus 16:22a, 26
2. Miraculous Provision: The extra manna that the Israelites were required to pick on the sixth day (before the Sabbath) miraculously lasted for two days through the Sabbath. On all other days, the Israelites were prohibited from storing up extra manna for the next day...if they disobeyed God and tried to store up extra manna, it spoiled.
19Then Moses told them, “Do not keep any of it [manna] until morning.” 20But some of them didn’t listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell. Exodus 16:19-20a
3. Supernatural Provision: We can extrapolate a spiritual principle from this biblical story. God will bring supernatural provision and blessing for us as His people as we endeavor to honor Him on His holy day.

B. God’s Promised Blessings [Jeremiah 17:21-27]

1. YHWH promised Israel that if they would not bring loads of commerce into Jerusalem on the Sabbath day, that they would always have a Davidic king on the throne and Jerusalem would remain as a city forever.
24“But if you obey me, says YHWH, and do not carry on your trade at the gates or work on the Sabbath day, and if you keep it holy, 25then kings and their officials will go in and out of these gates forever. There will always be a descendant of David sitting on the throne here in Jerusalem. Kings and their officials will always ride in and out among the people of Judah in chariots and on horses, and this city will remain forever. Jeremiah 17:24-25
2. Seemingly Unrelated Blessings: A spiritual principle from this story is that there are seemingly unrelated blessings that will be ours as we obey God in honoring His Sabbath.

VII. FINAL THOUGHTS

A. Some Exceptions (to convocating on the Sabbath)

1. Sickness: If you are sick (or family member/person you are responsible for is sick) then you shouldn’t attend the weekly Sabbath convocation.
2. “Donkey in a Ditch”: This relates to an emergency situation that arises outside of one’s planning or control that occurs and keeps one from resting and (potentially) attending Sabbath services.
11And he [Yeshua] answered, “If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course you would. 12And how much more valuable is a person than a sheep! Matthew 12:11-12a
3. Emergency-services profession: persons who work in emergency-services professions (army, police, fire, etc.) may have to occasionally work on the Sabbath.

B. Community Application

1. Corporate Safeguarding: We as a congregation will corporately safeguard that day for our individuals and families.
2. No Corporate Competing Items: As a congregation, we won’t corporately advertise or involve the community in things that would compete with or lead others to not *shamar* [observe] this day.
 - a. Moving
 - i. We would encourage those in the congregation who are moving to use a non-Sabbath day for their move.
 - ii. We would not corporately solicit help for those who would be moving on the Sabbath.
 - b. Rehearsal dinners/weddings/funerals: Our pastors won’t be involved in facilitating any of these or other ceremonies when they take place on the Sabbath.

- c. No “organized” outreach (especially those that breaks up families): While we as Believers are called to minister and do good on the Sabbath, congregationally we would not officially organize or promote outreaches that by their very nature would split up families on the Sabbath.
 - 3. Individual Implementation: We encourage each individual and family to pray through how they observe the Sabbath.
 - 4. Higher Leadership Expectation: With higher leadership responsibilities within the congregation comes a higher expectation for a more full implementation of the Sabbath principles that the elders have prayerfully set in place.
- C. In Summary:** From Friday at sundown until Saturday at sundown, we cease from our secular/normal labors, our own worldly/personal pursuits, and our weekly chores/responsibilities and we actively do rest, fellowship with others, corporately assemble with other Believers for worship and study, and specifically and intentionally focus on God.

VIII. PERSONAL APPLICATION

A. Personal Revelation

1. Do you see the biblical imperative for the Sabbath?
 - a. If not, do you have any desire to explore how the Bible instructs us as Believers related to the Sabbath? If yes, what is your plan to do this?
2. What are your present personal and family convictions and application related to the Sabbath?

B. Challenges/Faith Steps

1. What present challenges stand in the way of personally honoring YHWH on His Sabbath more completely?
2. What would it take to overcome these challenges?
3. Would you commit to consistently asking YHWH for greater faith, wisdom, and divine strength to effectively meet these challenges?

C. Obedience

1. What is a present step (or two) of personal obedience in front of you related to keeping the Sabbath day holy?
2. Would you be willing to honor YHWH and His holy day by having a special “marking time” for the start of the Sabbath on Friday nights? If yes, what would it take to do this starting this Friday?

D. Brainstorming Possibilities [Ask God to give you ideas related to the questions below]

1. Personally Resting: What would resting physically, mentally, and emotionally on the Sabbath look like?
2. Spiritual Renewal: What are some ways that you could be spiritually refreshed and renewed on the Sabbath?
 - a. What devotional resource could you prayerfully read through on the Sabbath?
3. Blessing Your Spouse: In what ways could the Sabbath be used to be a blessing for your spouse?
4. Blessing Your Family: What traditions and practices can you establish to rest, fellowship, worship, and play together on the Sabbath?
5. Blessing Friends/Needy Others:
 - a. Which friends can you bless and reach out to on the Sabbath? How could you bless them?
 - b. What hurting or needy person(s) has God put on your heart? How could you bless and minister to them?

