

There's one day that YHWH sanctified in the garden of Eden that still holds special intrinsic blessings for those who observe it.



27And he said unto them, **The sabbath was made for man, and not man for the sabbath:** 28**therefore the Son of man is Lord also of the sabbath.** Mark 2:27-28

The Blessings of the Sabbath

As a young man in my twenties I was impacted by two experiences related to the benefit of the Sabbath in the life of Believers. I had grown up with the strong belief that the Sabbath was a “Jewish thing” and that those non-Jewish Believers who observed it were at best well-meaning but certainly a little “off” and at worst were entangled in legalism which diluted their needful focus on Jesus.

The one experience that I’ll share today was a sustained one over a few years

as I listened to my pastor's words and observed his family's life. I had been "divinely tricked" into being part of a Messianic community (which is another story) and was giving my pastor the benefit of the doubt. He taught regularly about the importance of the Sabbath (as well as the festivals) for all Believers with Jesus as the primary bedrock foundation undergirding all of these holy days. I took notes diligently, looked at the biblical passages he referenced, asked questions, argued with him, and slowly came to the conclusion that the Bible did speak of the benefit for all Believers to obey the fourth commandment. The Bible verses were important and most necessary, but the foundational and most attractive drawing point for me personally was that I observed blessings for him and his family that seemed to be connected solely to their observance of the Sabbath. I truly saw that the Sabbath was made for mankind as a blessing (Mark 2:27). I had a desire for these same blessings and hoped that some day if I was blessed with a family that my family would walk in those same benefits.

Over the years I've seen many of these desires that I had as a young single man fulfilled as I came to experience a number of the same blessings associated with observing the Sabbath. Over the next few weeks, as a community we'll look at some of the Scriptures associated with this unique commandment which is the only one of the Ten Commandments that God exhorts us not to forget. It is my hope and desire that we as a community would not forget this day but would grow in the blessings of the Sabbath as we walk out honoring Him on His special day.

In closing, a fascinating account that we'll look at in the groups this week is in Exodus 16 and has to do with God's instructions to the Israelites related to gathering the manna that He gave them each day. He told them to gather extra manna on Friday morning in preparation for the upcoming Sabbath. Every morning YHWH provided manna—except for Saturday when He also "rested" and didn't provide any. Every other day's saved manna would spoil but not that which was gathered on Friday to be used on the Sabbath. So, there is a Scriptural precedent (found in other places too) of a supernatural element associated with this day for those who choose to walk in it. I look forward to

dialoguing about this chapter and hearing of this week's discussion in our groups.