



Why Sabbath?

Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:3

I have been realizing something lately...the Sabbath is a big deal.

And if I'm honest, at times I resist the gift of Sabbath. I want to rest when I want to rest and work when I want to work. I want to be self-sufficient and independent, determining my own weekly schedule and rhythms - I don't want to depend on a structure already set in place.

I'm realizing I'm wrong in my resistance. I'm realizing Sabbath is yet another area of my life where I need to learn to depend on Jesus instead of going my own way. God has immense blessings and purpose in His creation of the Sabbath, and we need to trust in Him and His design. Here's why:

1. **Sabbath reminds us of who we are** - We have worth before we create, before we work. We have worth because God created us, because God loved us enough to send His Son for us. There is nothing we can do to increase our worth in God's eyes. We are human beings, not human doings. In a world that exalts performance, productivity, and prestige, Sabbath reminds us that our worth is not in our work but rather in the words God declared after He created man: "very good."
2. **Sabbath reminds us of who God is** - God is enough. It's so easy to forget in this world where we are all striving as if it all rides on us - He is enough, He is sufficient, He is a God of abundance. The pause of the Sabbath enables us to remember the truth about who God is: He loves us. He is faithful. He is our Provider - financially, spiritually, physically. He wants to bless us with rest and refreshment through the Sabbath because HE IS GOOD.
3. **Sabbath reminds us of what is to come** - Sabbath is this beautiful picture of shalom - where all things are right and good and beautiful as God intended them to be. Sabbath gives us a glimpse of shalom and a boost of joy in the midst of the difficulties we all face in life. As we Sabbath, we get a taste of eternity and we are reminded that the best is yet to come.



4. **Sabbath shows the world who God is** - Sabbath is one way we live counter-culturally. The Sabbath is a statement that sets us apart from the world: we trust in God. We work for different reasons. Our worth is not in this world, in our work, or in our productivity. Our hope and home is in heaven, and practicing the Sabbath is one way we show that to the world around us.

Sabbath is a rhythm to free us, not a box to confine us. **More than anything else, the Sabbath is a gift from God - a blessing, not a burden.** It's a complete paradigm shift where we switch from a scarcity mindset (there's not enough time/money/anything) to an abundance mindset: God is enough, I am enough, and God will provide for me. Will we receive this good gift that God so longs to give to us, His children?

God is FOR you and for your flourishing. I believe God will refresh and restore us in ways we never thought possible as we learn to live in His love through the Sabbath - week by week, year by year. This is about the long game! He will bless us and bear fruit through us as we trust in His ways (which are always better than our ways).

Sometimes it seems like there's no way to get real rest when we are running the marathon of motherhood. It can feel impossible to experience something as wonderful-sounding as the Sabbath when your kids are around. How do we Sabbath as moms? As in most things in motherhood... we have to get creative and be intentional! Find the next Sabbath resource with practical ideas [here](#).

Relevant Scripture:

Psalm 92 (a psalm for the Sabbath!)

Exodus 20:8-11

Isaiah 58:13-14