**Series: Emotionally Healthy You**

**Today: Sabbath**

**Photo of a Chick-Fil-A – PLEASE FIND**

"Our decision to close on Sunday was our way of honoring God and directing our attention to things more important than our business.  If it took seven days to make a living with a restaurant, then we needed to be in some other line of work.  Through the years, I have never wavered from that position. I see no conflict between biblical principles and good business practice.  Corporate America needs faith in something more than the bottom line.”  - S. Truett Cathy

**IMAGE**

https://external-content.duckduckgo.com/iu/?u=https%3A%2F%2Fwww.sloww.co%2Fwp-content%2Fuploads%2F2019%2F10%2FSloww-Stillness-is-the-Key-Ryan-Holiday.jpg&f=1&nofb=1

***Genesis 1***

*In the beginning God created the heavens and the earth. 2Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.*

*3And God said, “Let there be light,” and there was light. 4God saw that the light was good, and he separated the light from the darkness. 5God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.*

***Genesis 2***

*Thus the heavens and the earth were completed in all their vast array.*

*2By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

***Exodus 16:29***

*Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread (manna) for two days.*

***Exodus 20:8 - 11***

*8 Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

***Mark 2:23-27***

*23One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”*

*25He answered, “Have you never read what David did when he and his companions were hungry and in need? 26In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”*

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

1. **God wants you to take time for rest and worship.**

***Leviticus 23:3***

*There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.*

**“Sabbath is not simply the pause that refreshes. It is the pause that transforms. Whereas Israelites are always tempted to acquisitiveness, Sabbath is an invitation to receptivity, an acknowledgment that what is needed is given and need not be seized.”** Walter Brueggemann, **Sabbath as Resistance**

1. **Every life, including yours, needs rhythm.**