

How to Make the Sabbath a Delight

By Pastor Steve Severance FrogPastor@gmail.com

>><<



The Sabbath was meant to be the highlight of the week! Yet many people see it as a burden. In this article we will see how to restore our experience of the Sabbath as a delight. A day of joy a day to look forward to, a day that you don't want to end, a day to remember! After all, doesn't the Sabbath commandment begin with the word R-E-M-E-M-B-E-R?

Isaiah 58:13—the Sabbath should be a delight! How do you make the Sabbath day a delight while still not losing the sacredness of it? That is what we want to discover today.

Love God | 1 Corinthians 2:14—The first thing we must realize is that God made the Sabbath Holy. Since the Sabbath is holy it can only be appreciated by those who are followers of God.

1 John 5:3—If you don't know God personally you will not be able to truly keep God's commandments. And they will be a burden for you. But if you are connected to God and you do love Him then keeping His commands will not be a burden but a delight!

Remember | Exodus 20:8-1—Notice that it begins with "REMEMBER" This implies that this day is to be remembered constantly not just on Sabbath morning. Remembering the Sabbath begins early in the week.

Prepare | Mark 15:42—In Bible times Friday is called the "Preparation" It is a day to prepare for the Sabbath!

Exodus 16:23-25— Here is an example for us of how to prepare for the Sabbath. They were to get the things that needed to happen on Sabbath done before the Sabbath so their only focus on Sabbath was God. You may want to start preparation earlier in the week or everything will get crammed into the last few hours of Friday and you'll end up neglecting the most important preparation—heart prep.

Deuteronomy 6:6, 7—It's our responsibility to each our kids. If they see us joyfully looking forward to Sabbath they will too. If we speak disparagingly of the Sabbath they will too!

How To Celebrate The Sabbath Day

Sanctify It | Exodus 31:15 —Rest from the daily grind, don't do your regular work.

Nehemiah 13:16, 17—Refrain from doing our business and buying and selling. When we refrain from our regular activities and making money we're acknowledging and trusting God as our ruler and provider.

Deuteronomy 5:12—Set it aside for a holy use. Mark it's beginning with some happy tradition.

Church | Leviticus 23:3—Participate in church. Jesus did (Luke 4:16), Paul did (Acts 13:14, Acts 13:42, and Acts 17:2), and we will in Heaven (Isaiah 66:23). Church can be the highlight of your kid's week if it's your highlight.

Acts 16:13—If no church is available have your own worship service.

Grow | Luke 4:31--Teach and learn of God. Play Bible trivia games, read stories about Godly people (See also Mark 1:21).

Scripture | Psalms 119:11—Memorize Scripture. It will fortify you against temptation.

Singing | Psalm 92:1—Sing praises to God and recognizing His greatness and protection.

Nature | Romans 1:20, Psalm 19:1—Learn of God is through nature, His Creation.

Do Good | Isaiah 58:6-14—Help people in tangible ways and show them mercy.

Mark 3:4, 5—Jesus did much to relieve the suffering of people on Sabbath. Visit people on Sabbath to bring encouragement. Help people with their physical needs (See also Luke 13:15, 16).

As the Sabbath draws to a close mark it's end and begin looking forward to the next one!

Jeremiah 29:11—**God's plans for you are filled with blessing.** Will you accept God's blessing of the Sabbath? And make it a delight?

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11