

Open Hands: Stewardship with Kingdom Vision

The Rhythms of Rest: Reclaiming the Sabbath

Heavenly Father,

We come before you today with hearts full of gratitude and humility.

Thank you for unchanging nature

We confess our faith that is not merely theoretical, one that actively works, transforming our lives and impacting the world around us for our glory.

We pray that faith truly works.

Help us with struggles, external pressures, difficult circumstances, understanding and isolation.

Give us supernatural perspectives to see these moments not as obstacles to our comfort.

Let perseverance finish its work in our lives so that we become mature and complete, lacking in nothing.

Grant us your divine wisdom, generosity and reproach

Help us to ask in faith without doubting.

Guide our hearts and minds for being double-minded and tossed to.

Establish our minds firmly on your truth and promises.

We recognize that we are tempted when we are lured by our own evil desires.

Deliver us from deception.

Remind us that you are never a source of evil or temptation.

Strengthen our resolve to resist the devil, flee from temptation and draw near you.

Help us confess our sins and purify our hearts and minds from every ungodly thought and intention.

We pray from deeper reception to your world.

Help us humbly accept the word planted in us that can save us.

Do not let us be hearers and deceive ourselves.

Help us keep unstained from the world.

Grant us discernment to recognize and courageously step away from environments, relationships and influences that would pull us away from your truth and towards sin.

Give us hearts of impartiality and genuine love for all people including the poor, marginalized, broken and those people struggling towards sin.

In Jesus name, Amen

The Sabbath is not a restrictive law, but a divine gift and rhythm designed to build trust in God and restore human dignity. When was the last time you felt rested spiritually and mentally, not physically? We live in a hustle culture where our identity is tied to our productivity. We fear slowing down because we believe the world will fall apart without our constant effort. God offers a radical solution to provide a mandatory weekly and 24-hour pause. It is a sacred rhythm to dismantle idolatry of self-sufficiency. God rested because he was exhausted to establish a pattern for humanity. We need to work from rest, for rest. He created the sabbath on the sixth day and rested. The fourth commandment was embedded in the context of liberation. Israel was delivered from slavery. Israel had no rest when he was rescued from slavery. The Sabbath is a reminder for us as Christians and disciples because it lets us know we are not slaves and freed under God. We must honor the Sabbath by putting down our tools of production in our life Jesus did. We need to trust and worship God on the sabbath day.

I agree with Psalm 46:10 because we must be still as Christians and disciples to rest and let our mind and body reset. We need to focus on the renewal of our body and soul. We need to let our souls reset as well by resting on the seventh day and worship God on the seventh day. We need to renew our minds, body and soul by napping, reading the bible, praising God and kingdom, and walking for God in nature. As Christians and disciples to Christ Jesus, we must only engage in activities that bring joy to our life, deepen our relationships with other people, and focus on worshipping God and his kingdom. Sabbath day is a day of delight, not a grim duty. The Sabbath celebrates God's provision and presence.

The purpose of the Sabbath is an act of trust in God. I encourage you to prepare for the Sabbath on Friday of every week to continue and build your trust in God. We need to distance ourselves from sin and work because you see and hear a lot of crazy people in society today when we see people with mental health, bipolar disorders, depression, oppression, schizophrenia and anxiety. I encourage you to plan what you want to stop doing in your life and what you will do to delight yourself every Friday of every week before the Sabbath. When we do this, it will lead us to take the first step towards reclaiming the rhythm of rest.

1. What does it communicate about God's character that he established rest before labor?
2. When we refuse to rest, we put ourselves back into slavery of production and anxiety?
3. What is one thing you need to cease doing every week to signal to yourself that you are letting God be God?
4. If you scheduled three hours of completely unscheduled, guilt-free time on Saturday, what would you do or not do?
5. What do you worry about most of the time on Sunday night?

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

The scripture is a climax of the six days of creation. When I think about this scripture, the reason why I strongly oppose abortion and reproductive rights is because we need to honor humanity and God's creation of humans on earth. I am pro-life and vote as an independent in elections. God created the cosmos in an orderly fashion. This is the scripture that talks about the creation of Adam and Eve by God on the sixth day. The scripture talks more about Genesis 1:26-31 and Genesis 2:1 when the heavens and the earth were finished by hosts. I encourage to continue to go back and refresh your memory about the Sabbath by reading Genesis 2:3, Genesis 1:26-31, Genesis 2:1 because it talks about rest and Sabbath on how we need to follow Christ Jesus to rest to reset our body, soul and minds to put our trust in God and his kingdom. God rest established three theological principles that shape the rest of the scripture, such as pattern for humanity, holiness of time and foundation of the Sabbath command. The Sabbath is a source of well-being and provision because the Sabbath is supposed to be a gift for us Christians and disciples to rest. The Sabbath day is separated from the ordinary flow of the week for a distinct and sacred purpose. The foundation of the Sabbath is to observe the Sabbath explicitly references the creation that the Lord created the heaven and earth in six days. The Sabbath day will help us with worry to surrender and provide more gratitude.

What do we need to do to honor the Sabbath during our life on earth to trust God daily and weekly?

1. Adopt a mindset that views rest not breaks or rewards
2. Recognize the rhythm of rest to start your rest every Friday and rest on Saturday.
3. Affirm God sovereignty
4. Identify tools and self-sufficiency and put them down for 24-hours
5. Avoid doing homework and/or errands
6. Dedicate time to pray, eating meals, checking emails, being on social media, watching TV, listening to music, reading the bible, completing business tasks, making calls and professional tasks and running errands
7. Let go of financial anxiety and pressure for the day

When I was in High school at Morgan Park High School for four years, I never rested when I studied for quizzes, exams and tests because I always studied all weekend. It explained why my test scores were always average in school because I never rested to give myself a mindset. I need to start resting and honoring the Sabbath more to give myself a mind reset because the Sabbath is a day we can avoid stress in our life as well. I am a person always willing to work on weekends and keep my busy. I think it has something to do with how I was raised as a child because I was raised to keep myself busy to stay out of trouble and keep myself involved in the community, on a job or doing volunteer work.

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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 male or female servant, nor your animals, nor any foreigner residing in your towns. 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.”-Exodus 20-8-11

“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.”-Exodus 34:21

“He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”-Psalm 46:10

“If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words”-Isaiah 58:13