

Date:

**Podcast Worksheet**  
**Sabbath Rest: God Says, "Take a Break"**

**Scriptural Texts:**

Genesis 2:3; Exodus 16:25-26; 20: 8-11; Isaiah 58:13-14; Luke 4:16; Hebrews 4:9-11

**Main Points:**

1. When we honor the Lord by stopping our work one day, he makes the other six days go better.
2. God says the Sabbath belongs to him, that it is a holy and sacred day.
3. Ceasing from our work on the Sabbath is an act of obedience and devotion to God. It reflects our love for him and is part of our worship.
4. While most people find Sunday works best for their Sabbath rest, it can be any day of the week.
5. God finished creating the universe in six days, therefore, we can finish our work in six days, too.
6. Even though we are not under Levitical law, the Sabbath law still applies, as do all ten commandments. Jesus honored the Sabbath and the New Testament affirms it, as well.
7. When we ignore the Sabbath, we withhold the rest our brains and bodies need to recover and remain healthy, leading to a negative cascade of physical issues.
8. Honoring the Sabbath comes from a heart attitude, not a list of rules.
9. We need to subtract doing chores and our regular work on the Sabbath while, at the same time, adding worship, helping others, rest, recreation, and time with God, family, and friends.
10. It's a consistent principle of God's that we never use everything for ourselves, i.e. time, money, gifts, resources. Sharing a portion acknowledges that we trust God to meet our needs.
11. The Sabbath is a blessed day, meaning God uses it to bring joy and delight to our lives.

**Questions:**

1. What are your habits and patterns on the Sabbath? Are they honoring to God?
  
  
2. What is/has been your attitude toward the Sabbath?
  
  
3. Do you think God would like you to make changes in how you observe the Sabbath? If so, how?

**Prayer of Response:**

Lord God, I want to honor you in every aspect of my life, including how I observe the Sabbath. Please redirect my thoughts and my heart in how I approach this. I choose to use the Sabbath in ways that reflect my respect, honor, and love for you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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