

Ancient Paths: Sabbath



DB Hauptfleisch
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God's Ancient Paths

Jeremiah 6:16

This is what the Lord says:

“Stand at the crossroads and look;

ask for the ancient paths,

ask where the good way is, and walk in it,

and you will find rest for your souls.

But you said, ‘We will not walk in it.’





God Rested and you are made in His image

One day a week, Mornings & Evenings.

10 Commandments

Nine we have accepted as law, one
we go easy on...

Creation & Exodus 31...

Above all...

Exodus 31:12-13

And the Lord said to Moses, “You are to speak to the people of Israel and say, ‘Above all you shall keep my Sabbaths...

It's not legalism

We are free from the requirement of the law to earn salvation.

We keep them not to earn anything, but to enter the abundant life we have been given & to glorify our great God!

Sabbath for man

‘The Sabbath was made for man,
not man for the Sabbath’

- Jesus, Lord of the Sabbath.

Sabbath for man

The whole world is ordered in
seven day weeks.

French revolution...

Definition of Sabbath

It's a gift given by God, woven into the fabric of human existence at creation. It's a holy day where we cease from our work and celebrate life as best we can - one

A life without Sabbath relies on you to make things work. A life that engages Sabbath relies on God to make things work.

Who do you trust more. You, or God?



Sabbath for what?

Growing Faith

Worship to God

Peace & Joy

Relational fulfillment

Resting & Restoration

**Do you think you want to
practice Sabbath?
Why would you not?**

If you do practice Sabbath, you grow in faith by default, you have time to be with God & loved ones, you do things you love & you rest and get restored - and God is glorified by the peace & joy that will become your portion.



When we don't, we do violence to our own souls, we do violence to those around us and we do violence to that which God has called us. Why? Because it's moving outside the limits God assigned to mankind & trusting in the flesh.

- **Set it apart - Holy unto God.**
- **Receive it as a gift from God.**

***And do what? HAVE THE BEST DAY
POSSIBLE, ONCE A WEEK!***

**Can you believe God is so good that He
commands this?**

For the more analytical...

IT'S NOT JUST A DAY OFF...

- 1. Stop - Cease normal work**
- 2. Rest - sleep, nap, chill**
- 3. Delight - do beautiful, fantastic stuff**
- 4. Worship - enjoy & love God**

What we do

- Date night
- Coaching/friendship jog
- Time with God & family
- Daniel sport
- Time with God & family
- Stuff around the house I love doing

**Write down the most fulfilling,
joyful & holy day you can
imagine having.**



What will you now do?



shofar
Cape Town City