

Top 10 Reasons to Keep the Sabbath Holy

10

All week long you spend your time struggling with the outside world: controlling, consuming, laboring and defending. On Sabbath, you are removed from, and thereby relieved of, the mundane. God gives you a sense of the infinite, the Big Picture.

9

All week long you put your physical rest aside and push ahead. On Sabbath, you can rest, nap, and let your body replenish itself.

8

All week long you react to other people's pain, anger, and happiness, often trying to fix things and make people happy. On Sabbath, you can step back from that intensity and ask God to give you fresh insight and tender compassion – and the wisdom to know if/how to involve yourself.

7

All week long you take on obligations. On Sabbath, you are replenished by the unconditional love and acceptance of God, the free gift of His grace in Christ Jesus, our Lord.

6

All week long you survive, delicately balancing work and relationships while fighting the clock. On Sabbath, you can ignore the clock, practicing the presence of Christ while hanging out with family members – and thus remember the meaning and purpose for your life.

5

All week long you push forward, reaching into the next part of the day and into tomorrow, letting the present slip away unnoticed. On Sabbath, you live in "present time," looking back at the week past with thanksgiving and repentance and forward with hope and purpose.

4

All week long you struggle with stress, worry, anger ... so in order to function, you may "stuff it," act out badly, self-medicate, bury yourself in activities, or withdraw. On Sabbath, God uses worship and others to draw you into a wellspring of emotion that promotes healing and peace.

3

All week long you view the world largely through your own immediate experiences. On Sabbath, your vision expands as you celebrate the joy of being known and redeemed by God, enter into the joy and pain of others, and realize the world does not revolve around you.

2

All week long you deal with the world by reflex, resorting to tried-and-true techniques of interpretation and reaction. On Sabbath, you hear biblical discussions and directions for living that require deliberate application, prayer, and thoughtfulness.

1

All week long you are a "moving target" for God. On Sabbath, God can get hold of you – and restore the joy of your salvation in Christ Jesus!

Adapted from Dr.
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