Sabbath Sunday

A Simple Guide for Rest and Reflection

What is the Sabbath?

Sabbath is a regular time set apart to stop working and rest in God. From the beginning, God designed rest as part of how humans are meant to live, not as a religious burden, but as a gift.

> By the seventh day God had finished the work he had been doing; so on the seventh day he rested.
>
> **Genesis 2:2**

Why Does the Bible Talk About Sabbath?

Sabbath reminds us that life is more than output. Rest is woven into creation itself. Sabbath reorients our hearts around trust. It reminds us that our value does not come from productivity, achievement or busyness. God commands rest not to control us, but to care for us.

> The Sabbath was made for man, not man for the Sabbath.
>
> **Mark 2:27**

Why Sabbath Matters Today

In a culture that celebrates constant motion, Sabbath creates space for clarity, peace and renewal.Without rest, we drift toward burnout and distraction. With rest, we remember that God is at work even when we stop.

> In repentance and rest is your salvation, in quietness and trust is your strength.
>
> **Isaiah 30:15**

On this Sabbath Sunday, we invite you—our church family, volunteers and friends—to rest.

An Invitation to Pause

If you've already watched the Sabbath Sunday devotional, this guide is simply an invitation to continue resting.

Use the reflection questions below as a gentle pause. They're meant to create space for quiet reflection, meaningful conversation with others or personal journaling. There is no right or wrong way to engage.

Reflection Questions

Take your time. Sit with one or two that stand out.

1. Elijah did not hear God in the wind, earthquake or fire, but in a gentle whisper. What noise, habit or constant input might be dulling your ability to hear God right now? What would it cost you to step away from it? (Read: 1 Kings 19:11–13)
2. When you think of Sabbath as a gift rather than a rule, what resistance or relief rises up in you, and why? (Read: Mark 2:27)
3. What has brought you genuine joy recently, not distraction, but joy? What do those moments reveal about how God is currently caring for you? Take time to thank Him for His care. (Read: James 1:17)
4. If rest is an act of trust, what are you still gripping tightly and what do you fear might happen if you let go? Consider bringing this honestly before the Lord through confession and repentance. (Read: Psalm 46:10)
5. What is one small, concrete way you could make space this week for rest, delight or joy? Commit to taking that step this week.