

"Remember the Sabbath by keeping it holy as the Lord your God has commanded you. 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 manservant or maidservant, nor your animals nor the alien within your gates. 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 "By the seventh day, God had finished the work he had been doing; so on the seventh day, he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

Genesis 2:1-3

"In six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed."

Exodus 31:17

"It is not things (our work or possessions) that lend signficance to a moment, it is the moment (the Sabbath) that lends significance to things."

Abraham Heschel – The Sabbath

"There remains a Sabbath rest for the people of God; for anyone who enters God's rest also rests from his own work just as God did from his. Let us make every effort to enter that

Hebrews 4:9-11a

"To the biblical person, labor is the means toward an end, and the sabbath as a day of rest ... is not for the purpose of recovering one's lost strength and becoming fit for the coming labor. The Sabbath is a day for the sake of life. Humankind is not a beast of burden, and the Sabbath is not for the mere sake of enhancing his or her efficacy for work. It is not an interlude, but the climax of the week of living." Abraham Heschel

"If you don't take a Sabbath something is wrong. You're being too much, in charge. You've got to quit, one day a week and just watch what God is doing when you're not doing anything."

Eugene Peterson

Look Back

Look Back Look Inward

Look Back
Look Inward
Look Forward

Look Back
Look Inward
Look Forward
Look Upward

