



Luke 6:1-11

*The Certain Gospel:
What is the Sabbath?*

“Biblical Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.”

The Emotionally Healthy Leader by Peter Scazzero

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“Saturday; the holy day when Jewish people were commanded not to work.”

Luke 1-12 For You by Mike McKinley

Exodus 20:8-11

“Remember the Sabbath day by keeping it holy. 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 male or female servant, nor your animals, nor any foreigner residing in your towns. 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. (NIV®)



The Sabbath is not... a day for burdensome rules.

Luke 6:1-2 One Sabbath Jesus was going through the grainfields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. Some of the Pharisees asked, “Why are you doing what is unlawful on the Sabbath?” (NIV®)

Trail Ridge Road



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**The Sabbath is... a day for
boundaries that liberate.**

The Sabbath is... a day for boundaries that liberate.

1) Sabbath is a day to have our needs met.

Luke 6:3-4 Jesus answered them, “Have you never read what David did when he and his companions were hungry? He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions.” (NIV®)

The Sabbath is... a day for boundaries that liberate.

1) Sabbath is a day to have our needs met.

Mark 2:27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. (NIV®)

The Sabbath is... a day for boundaries that liberate.

- 1) Sabbath is a day to have our needs met.
- 2) Sabbath is a day to commune with Christ.

Luke 6:5 Then Jesus said to them, “The Son of Man is Lord of the Sabbath.” (NIV®)

The Sabbath is... a day for boundaries that liberate.

- 1) Sabbath is a day to have our needs met.
- 2) Sabbath is a day to commune with Christ.

Hebrews 4:9-10 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. (NIV®)

The Sabbath is... a day for boundaries that liberate.

- 1) Sabbath is a day to have our needs met.
- 2) Sabbath is a day to commune with Christ.

Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest. (NIV®)

The Sabbath is... a day for boundaries that liberate.

- 1) Sabbath is a day to have our needs met.
- 2) Sabbath is a day to commune with Christ.
- 3) Sabbath is a day to do good things.

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Luke 6:9 Then Jesus said to them, “I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?” (NIV®)

Joshua's Sabbath Boundaries

Goal: Rest from work, feel refreshed, and spend time with Jesus, family, and friends.

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Duration: Our Sabbath day starts at church Saturday at 5pm and lasts till Sunday at 5pm.

Joshua's Sabbath Boundaries

Our Sabbath is:

- a. A day to spend time with Jesus at church through worship and at home through personal and family devotions and prayer.

Joshua's Sabbath Boundaries

Our Sabbath is:

- a. A day to spend time with Jesus at church through worship and at home through personal and family devotions and prayer.
- b. A day to spend time with my wife and children, eating meals, playing outside and games, going on family outings, watching a movie together.

Joshua's Sabbath Boundaries

Our Sabbath is:

c. A day for our family to spend time with friends.

Joshua's Sabbath Boundaries

Our Sabbath is:

- c. A day for our family to spend time with friends.
- d. A day for each of us to have some alone-time being refreshed or doing what we enjoy (football, hike, paint, read, nap, etc.).

Joshua's Sabbath Boundaries

Our Sabbath is:

- c. A day for our family to spend time with friends.
- d. A day for each of us to have some alone-time being refreshed or doing what we enjoy (football, hike, paint, read, nap, etc.).
- e. A day for us to serve and love others in need.

Joshua's Sabbath Boundaries

Our Sabbath is not:

- a. A day to check emails, finish work projects, or do homework from school.

Joshua's Sabbath Boundaries

Our Sabbath is not:

- a. A day to check emails, finish work projects, or do homework from school.
- b. A day to do housework, chores, or home improvement projects.

Joshua's Sabbath Boundaries

Our Sabbath is not:

- c. A day to over consume media or over commit to sports.

Joshua's Sabbath Boundaries

Our Sabbath is not:

- c. A day to over consume media or over commit to sports.
- d. A day centered on me, but on Christ.



The Sabbath is a day of need, a day of communion, a day of good things.