

30 Minutes of Theology: Sabbath

Scripture Readings (ESV)

Isaiah 58:13-14

¹³ “If you turn back your foot from the Sabbath, **from doing your pleasure** on my holy day, and **call the Sabbath a delight** and the holy day of the LORD honorable; if you honor it, **not going your own ways**, or seeking your own pleasure, or talking idly; ¹⁴ **then you shall take delight in the LORD**, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the LORD has spoken.”

Exodus 20:8-11

⁸ **Remember** the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath **to the Lord your God**. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Deuteronomy 5:12-15

¹² “ **Observe** the Sabbath day, to keep it holy, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, **[so] that** your male servant and your female servant may rest as well as you. ¹⁵ You shall **remember that you were** a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

Hebrews 4:9-11

⁹ So then, **there remains a Sabbath rest for the people of God**, ¹⁰ for whoever has entered God’s rest has also rested from his works as God did from his. ¹¹ Let us therefore **strive to enter that rest**, so that no one may fall by the same sort of disobedience.

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So **God blessed the seventh day and made it holy, because on it God rested from all his work that he had done** in creation.

Exodus 31:13-17

¹³ “You are to speak to the people of Israel and say, ‘**Above all** you shall keep my Sabbaths, for **this is a sign between me and you throughout your generations**, that you may know that I, the Lord, sanctify you. ¹⁴ You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. ¹⁵ Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death.

¹⁶ Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. ¹⁷ It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.’ ”

Isaiah 56:2, 6-8

² Blessed is the man who does this, and the son of man who holds it fast, who keeps the Sabbath, not profaning it, and keeps his hand from doing any evil.”

⁶ **“And the foreigners who join themselves to the LORD,** to minister to him, **to love the name of the LORD, and to be his servants,** **everyone** who keeps the Sabbath and does not profane it, and holds fast my covenant—

⁷ these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer **for all peoples.”**

⁸ The Lord God, who gathers the outcasts of Israel, declares, **“I will gather yet others** to him besides those already gathered.”

Exodus 34:21-24

²¹“You shall work six days, but on the seventh day you shall rest; **even during plowing time and harvest you shall rest.**

²²“You shall celebrate the Feast of Weeks, *that is*, the first fruits of the wheat harvest, and the Feast of Ingathering at the turn of the year. ²³“Three times a year all your males are to appear before the Lord God, the God of Israel.

²⁴ **For I will** cast out nations before you and enlarge your borders; **no one shall covet your land, when you go** up to appear before the Lord your God three times in the year.

Mark 2:27-28

²⁷ And he said to them, “The Sabbath was made **for man**, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

Psalm 127:2

² It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; **for he gives to his beloved sleep.**

Exodus 23:10-12

¹⁰ “For **six years** you shall sow your land and gather in its yield, ¹¹ but the **seventh year** you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard.

¹² “Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and **the son of your servant woman, and the alien**, may be refreshed.

Jeremiah 17:21-23 & 25:1

²¹ Thus says the Lord: Take care for the sake of your lives, and do not bear a burden on the Sabbath day or bring it in by the gates of Jerusalem. ²² And do not carry a burden out of your houses on the Sabbath or do any work, but keep the Sabbath day holy, as I commanded your fathers. ²³ **Yet they did not listen** or incline their ear, but **stiffened their neck**, that they might not hear and receive instruction.

¹¹ **This whole land** shall become a ruin and a waste, and these nations shall serve the king of Babylon **seventy years.**

2 Chronicles 36:21

²¹ ...to fulfill the word of the Lord by the mouth of Jeremiah, **until the land had enjoyed its Sabbaths.** All the days that it lay desolate it kept Sabbath, **to fulfill seventy years.**

Psalm 95:10b-11

“They are **a people who go astray in their heart**, and they have **not known my ways.”**

¹¹ Therefore I swore in my wrath, **“They shall not enter my rest.”**