

The Sabbath in our Life

A living testimony

Introduction

Sabbath is not merely a day we observe; it is a rhythm that shapes our entire existence. It has become the heartbeat of our week, the anchor of our identity, and the lens through which we view all of life. The sabbath is not something we "do" on the seventh day; it is something we **live** every day, a breathed reality that transforms how we work, rest, trust, and relate to YHWH and others.

What sabbath means in our life

1. Sabbath is our declaration of trust

Every sabbath, we declare with our physical body what our heart believes: **YHWH is our provider**. When we stop working on the seventh day, we are making a concrete statement that our labour is not what sustains us. Our jobs, our business, our efforts; they are not the source of our life. YHWH is.

What this looks like in our life:

- We prepare on the sixth day, not out of anxiety, but out of faithful anticipation
- We lay down my tools and my to-do lists, trusting that the world will not fall apart if we stop
- We resist the urge to "just check one email" or "finish one task"
- We rest in the confidence that yhvh's provision is sufficient, just as the manna was sufficient for six days and the double portion did not spoil

The breathed reality: Trust is not a feeling; it is a physical action. When we stop working, we are physically demonstrating that we trust YHWH more than we trust our own hands.

2. Sabbath is our weekly reminder of identity

Sabbath reminds us of **who we** are and **who we belong to**. In a world that defines us by what we produce, sabbath declares: "You are not your job. You are not your income. You are not your accomplishments. You are YHWH's child, created in his image, set apart for his purposes."

What this looks like in my life:

- Sabbath is a boundary that protects our identity from being consumed by our work
- We stop being "the worker" and become "the worshipper"
- We shift from producing to being; from doing to dwelling
- We remember that we were created for relationship, not just productivity

The breathed reality: our worth is not in what we do but in who we belong. The sabbath declares this with concrete, physical action.

3. Sabbath is our weekly act of deliverance

Sabbath is not just a memorial of creation; it is a memorial of redemption. Every sabbath, we remember that YHWH delivered Yashar'el from slavery in Egypt. But we also remember that he delivers **us**; from the bondage of this world, from the slavery to money, from the tyranny of the urgent, from the pressure to perform.

What this looks like in our life:

- We step out of the world's system for one day
- We refuse to participate in the economy of anxiety
- We declare that yhvh, not pharaoh, is our master
- We release ourselves from the burden of "making it happen"

The breathed reality: Freedom is not just a theological concept; it is a physical reality. On sabbath, we live as free people, not as slaves to work, money, or the world's expectations.

4. Sabbath is our foretaste of the world to come

Sabbath is one-sixtieth of the world to come. It is a glimpse of what life will be like when all is restored; when there is no more striving, no more anxiety, no more lack, no more brokenness.

What this looks like in our life:

- We experience peace that is not dependent on circumstances
- We taste the joy of simply being in yhvh's presence
- We preview the rest that awaits all creation
- We live as if the restoration has already come

The breathed reality: The future is not something we wait for; it is something we experience weekly. Sabbath is the future breaking into the present.

5. Sabbath is our weekly repentance and restoration

Sabbath is a day of **turning back**; teshuvah. It is a day to return to YHWH, to restore what has been broken, to realign with his order.

What this looks like in our life:

- We examine our week and turn from things that have led us astray
- We restore relationships by spending quality time with family and community
- We return to the pattern of creation, leaving behind the chaos of the world
- We receive healing for our living being, mind, and body

The breathed reality: Restoration is not a distant hope; it is a weekly experience. The sabbath is a mini jubilee, a day of release and return.

How sabbath becomes part of our breath (living it out daily)

Sabbath is not just a day; it is a **rhythm** that permeates every day. The seventh day shapes the other six. Here is how sabbath becomes part of our very breath:

1. We work with sabbath in view

The command is: "six days you shall labour." This means we are to work faithfully, productively, and with excellence; because sabbath is coming.

What this looks like:

- Our work on the first six days is not frantic or anxious; it is done in peace because we know we will rest
- We work with intention and focus, knowing we have a boundary
- We do not procrastinate, because we prepare for sabbath
- We complete what needs to be done so we can rest without distraction

The breathed reality: Sabbath gives us permission to work fully because it gives us permission to stop fully.

2. We prepare continually

Preparation for sabbath is not just a “**sixth**” activity; it is a mindset. We live with an awareness that the sabbath is coming, and we prepare throughout the week.

What this looks like:

- We plan our work schedule with sabbath as the boundary
- We prepare food, not just on the sixth day, but with sabbath in mind throughout the week
- We arrange our household and responsibilities so that the seventh day is protected
- We mentally prepare by turning our hearts toward yhvh as the week progresses

The breathed reality: Preparation is an act of love and anticipation. We prepare because we eagerly await the sabbath.

3. We practice sabbath principles daily

While the sabbath itself is the seventh day, the principles of the sabbath; trust, rest, restoration, worship, community; are lived every day.

What this looks like:

- We practice daily trust by not worrying about tomorrow
- We practice daily rest by not striving beyond what YHVH intends
- We practice daily restoration by forgiving and seeking reconciliation
- We practice daily worship by turning our hearts toward YHVH in all we do
- We practice daily community by loving those around us

The breathed reality: The sabbath is the weekly culmination of a life lived in trust, rest, and relationship with YHVH.

4. We guard our hearts from the world's demands

The world demands constant work, constant productivity, constant consumption. Sabbath teaches us to resist these demands; not just on the seventh day, but every day.

What this looks like:

- We say "no" to the pressure to always be busy
- We say "no" to the anxiety that says we must do more
- We say "no" to the temptation to find our worth in our work
- We say "yes" to rest, trust, and relationship

The breathed reality: Sabbath is the ultimate counter narrative to the world's demands. It declares that YHVH, not the world, is our master.

5. We cultivate a sabbath heart

A sabbath heart is a heart that is at rest; not just on the seventh day, but all the time. It is a heart that trusts YHVH, that is not anxious, that is content with what YHVH provides.

What this looks like:

- We practice gratitude daily, recognizing YHVH's provision
- We practice contentment, not always striving for more
- We practice faith, trusting YHVH for tomorrow
- We practice peace, not being shaken by circumstances
- We practice presence, being fully present with YHVH and others

The breathed reality: The sabbath heart is the goal. The seventh day is the training ground for living with a sabbath heart every day.

How we show the sabbath through our life without ever saying it

The sabbath is a sign; an "ot" - a visible, physical declaration of our covenant with YHVH. But the sign is not just about the seventh day, it is about our entire life. Here is how we show the sabbath through our life without ever saying a word:

1. Through peace in the midst of chaos

When the world is frantic, anxious, and striving, we are at peace. This is a visible testimony that something is different about us.

What this looks like:

- We do not panic when things go wrong
- We do not stress deadlines or demands
- We do not react to pressure with anxiety
- We remain calm because we trust YHVVH

The breathed reality: The world is anxious because it does not know who is in control. Our peace declares: "YHVVH is in control."

2. Through generosity with our time and resources

Sabbath teaches us that we are not the owner of our time or resources; YHVVH is. This is shown in how we give.

What this looks like:

- We are generous with our time, not hoarding it
- We are generous with our money, not clinging to it
- We are generous with our attention, not distracted
- We are generous with our energy, serving others

The breathed reality: Generosity declares that YHVVH is the source of all we have. We do not need to hold on tightly because he provides.

3. Through rest in the midst of work

Even for the six days, I work with a restful breath. I am not driven or frantic. I work from rest, not for rest.

What this looks like:

- We are not anxious about our work
- We are not consumed by our work
- We are not defined by our work
- We are not controlled by our work

The breathed reality: When we work from rest, we show that YHVVH's rest is not just a day but a lifestyle.

4. Through trust when things are uncertain

When the future is uncertain, we do not worry. This is a visible testimony of our trust in YHVVH's provision.

What this looks like:

- We do not panic about finances
- We do not worry about the future
- We do not fear lack
- We trust that YHVVH will provide

The breathed reality: The world worries because it does not know the provider. Our trust declares that YHVVH is faithful.

5. Through community and family

Sabbath is a community rest; everyone in the household stops. This is shown in how we prioritize community and family.

What this looks like:

- We prioritize time with our family
- We prioritize community with YHVH's people
- We do not isolate ourselves
- We build relationships that reflect YHVH's covenant love

The breathed reality: Community declares that we are not alone. We are part of YHVH's family.

6. Through set-apart living

Sabbath is a set-apart day. Our life should be set apart; different from the world. This is shown in how we live.

What this looks like:

- We do not participate in the world's corruption
- We do not adopt the world's values
- We do not conform to the world's patterns
- We live according to YHVH's instruction

The breathed reality: Set-apart living declares that we belong to YHVH, not to the world.

7. Through joy in the midst of hardship

Sabbath is a day of delight; joy even when circumstances are difficult. This is shown in how we respond to hardship.

What this looks like:

- We do not despair when things are hard
- We do not lose hope when we face trials
- We find joy in YHVH even when life is difficult
- We praise YHVH in the storm

The breathed reality: Joy declares that YHVH is good, even when life is hard. The world's happiness is based on circumstances. Our joy is based on YHVH.

8. Through forgiving and restoring relationships

Sabbath is a day of restoration; forgiving debts, releasing offenses. This is shown in how we relate to others.

What this looks like:

- We forgive quickly, not holding grudges
- We seek reconciliation, not division
- We release others from what they owe us
- We extend grace as we have received grace

The breathed reality: Forgiveness declares that YHWH has forgiven us. We show his forgiveness by us forgiving others.

9. Through sabbath as a lifestyle, not just a day

When people see our life, they see those who live in rest, trust, and peace; not just on the seventh day, but every day.

What this looks like:

- We are known as peaceful people
- We are known as trusting people
- We are known as generous people
- We are known as joyful people
- We are known as a set-apart people

The breathed reality: Our life is the sabbath sign. People do not need to hear us say "I keep the sabbath." they see it in how we live.

A daily sabbath rhythm**Morning**

- **Wake with gratitude:** The first breath of the day is an acknowledgment that YHWH has given us another day. This is the beginning of sabbath living.
- **Shema:** "Hear, O Yashar'el, YHWH our elohiym, YHWH is one." We declare our allegiance to YHWH before the demands of the day arrive.
- **Trust:** We release our anxieties to YHWH before we begin our work.

During the day

- **Work with rest:** We work from a place of peace, not anxiety. we are present in each moment.
- **Practice presence:** We are fully present with people, not distracted.
- **Guard boundaries:** We do not allow our work to consume us.
- **Serve with joy:** We serve others with gladness, not obligation.

Evening

- **Reflect and reset:** We reflect on the day, turning back from any wrong paths.
- **Prepare for tomorrow:** We prepare so that tomorrow we can work with peace and trust.
- **Rest in YHWH:** We release the day and rest in YHWH's goodness.

The sixth day

- **Intense preparation:** On the sixth day, we prepare physically and breathily for the sabbath.
- **Complete work:** We finish what needs to be done.
- **Prepare food:** We cook what will be needed.
- **Prepare heart:** We turn our heart toward the sabbath.

The seventh day

- **Full ceasing:** We stop all ordinary work.
- **Gathering:** We gather with YHVVH's people for worship and instruction.
- **Delight:** We eat, drink, and rejoice in YHVVH's provision.
- **Rest:** We dwell in YHVVH's presence, resting in his peace.
- **Restoration:** We restore relationships and receive healing.

Conclusion

The sabbath is not just a command; it is life. It is the rhythm of creation, the memorial of redemption, the foretaste of restoration. It is the weekly declaration that YHVVH is our creator, our deliverer, our provider, our restorer.

Sabbath in our life means:

- Trusting YHVVH with every breath
- Resting in his provision
- Dwelling in his presence
- Living in freedom
- Walking in set-apartness
- Looking forward to restoration

How we live it out daily:

- We work from rest
- We prepare with anticipation
- We trust without anxiety
- We love without reservation
- We forgive without holding back
- We give without hoarding
- We live without striving
- We rest without guilt

How we show it without ever saying it:

- Through our peace
- Through our trust
- Through our generosity
- Through our joy
- Through our forgiveness
- Through our community
- Through our set-apartness
- Through our entire life

"If you do turn back your foot from the sabbath, from doing your pleasure on my set-apart day, and shall call the sabbath 'a delight,' the set-apart day of YHWH's esteemed,' and shall esteem it, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in YHWH." (Isaiah 58:13-14)

The sabbath is a gift; not a burden, not an obligation, but a **delight**. It is the invitation to stop striving and start living. It is an opportunity to rest in the arms of the creator and taste the peace of the world to come.

May we guard the sabbath, delight in it, and enter into the rest that YHWH has established from the beginning; not just on the seventh day, but in every breath of our lives.

Sabbath is not just a day.

It is a rhythm.

It is a heartbeat.

It is the very breath of life.

It is the way we live.