



# RHYTHMS



A woman with blonde hair in a ponytail, wearing a red and blue plaid shirt, sits on a wooden bench with a young child. They are both looking out over a misty, wooded landscape. The scene is captured from behind them, creating a sense of shared contemplation. The background is a soft-focus forest with bare trees and a hazy sky.

# RHYTHMS

- 1 SPIRITUAL FORMATION
- 2 PRAYER + MEDITATION
- 3 FASTING
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE
- 8 WORSHIP + CELEBRATION
- 9 SABBATH**
- 10 SERVICE

# What is Sabbath?

## Genesis 2:1-3 <sup>NIV</sup>

Thus the heavens and the earth were completed in all their vast array. <sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



## **Exodus 20:8-11** NIV

“Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> 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. <sup>11</sup> 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.





“The ability to calm your soul and wait before God is one of the most difficult things in the Christian life. Our old nature is restless...the world around us is frantically in a hurry. But a restless heart usually leads to a reckless life.”

- Warren Wiersbe



## Mark 2:27-28 <sup>NIV</sup>

Then he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath.”





“Most middle-class Americans tend to worship their work, work at their play, and play at their worship. As a result, their values are distorted, their relationships disintegrate faster than they can keep them in repair, and their lifestyles resemble a cast of characters in search of a plot.”

- Gordon Dahl



# Why Sabbath?

## - Reminder

### Exodus 31:12-13 <sup>NIV</sup>

Then the Lord said to Moses, <sup>13</sup> “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the Lord, who makes you holy.’”





“The requirement of Sabbath observance invites us to stop. It invites us to rest. It asks us to notice that while we rest the world continues without our help.”

- Wendell Berry



## Why Sabbath?

- Reminder
- Refresher

### Exodus 23:12 <sup>NIV</sup>

“Six days do your work, but on the seventh day do not work,  
so that...you may be refreshed.”



## How do we Sabbath?

- Pray
- Play

### Psalm 92:1-2 <sup>NIV</sup>

*A psalm. A song. For the Sabbath day.*

It is good to praise the LORD and make music to [play in honor of ] your name, O Most High, proclaiming your love in the morning and your faithfulness at night...





“Puritan Sabbaths that eliminated play were a disaster.  
Secular Sabbaths that eliminated prayer are worse.”

- Eugene Peterson



## Psalm 92:1-3 <sup>NET</sup>

*A psalm; a song for the Sabbath day.*

It is fitting to thank the Lord,

and to sing praises to your name, O sovereign One!

<sup>2</sup> It is fitting to proclaim your loyal love in the morning,  
and your faithfulness during the night,

<sup>3</sup> to the accompaniment of a ten-stringed instrument and a lyre,  
to the accompaniment of the meditative tone of the harp.



## **Psalm 92:4-6** NET

For you, O Lord, have made me happy by your work.

I will sing for joy because of what you have done.

<sup>5</sup> How great are your works, O Lord!

Your plans are very intricate!

<sup>6</sup> The spiritually insensitive do not recognize this;  
the fool does not understand this.



**Psalm 92:12a, 13-15a** <sup>NET</sup>

The godly grow like a palm tree...

<sup>13</sup> Planted in the Lord's house,  
they grow in the courts of our God.

<sup>14</sup> They bear fruit even when they are old;  
they are filled with vitality and have many leaves.

<sup>15</sup> So they proclaim that the Lord, my protector,  
is just and never unfair.

