

## God's Gift of Sabbath

### Scripture Reading — Exodus 20:1-17

*“Remember the Sabbath day by keeping it holy... The seventh day is a sabbath to the LORD your God.”*

—Exodus 20:8, 10 —

God's commands are not intended to box us in or limit us. They are intended to free us! God's commandments are gifts to us. As we willingly submit to them, we discover the path of life and blessing!

One of the gifts God gives is the gift of Sabbath. As we open this gift, we begin to experience the joy of simply “being” and are freed from the burden of relentless “doing.” Through God's good gift of Sabbath, we're invited to draw our life and nourishment from his vine into our branches (John 15:5).

Over the remainder of this month, we're going to unwrap this wonderful gift. As we do, we're going to discover that Sabbath is about a lifestyle, a rhythm, a way of “doing life” that feeds our soul and develops our spirit. Some Christians have grown up thinking that Sabbath is little more than a day each week when they aren't allowed to ride a bike or visit a store. But Sabbath, as God designed it, is to help us grow into the fullness he intends for us.

Sabbath is the pattern Jesus lived—a rhythm of active service and quiet retreat, of dynamic ministry energized by times of intentional withdrawal to be with God. If Jesus needed time to be alone with his Father, how much more is that true for us!

### Prayer

*Thank you, Father, for your tender commandments, and in particular, for the gift of Sabbath. Help us rediscover the true joy and freedom of this wonderful gift! In Jesus's name, Amen.*

**Devotion topics:** [Sabbath](#), [Life](#), [Christian Life](#)

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