

NUMBERS
STEPS

The Sabbath or Shabbat is a day set aside for rest and worship. According to the Book of Exodus, the Sabbath is a day of rest on the seventh day, commanded by God to be kept as a holy day of rest, as God rested from creation.

WHAT IS THE SABBATH



“The Sabbath was made for man, not man for the Sabbath.”

MARK 2 v 27



On a Sabbath, he passed through the grainfields. His disciples were picking heads of grain, rubbing them in their hands, and eating them. But some of the Pharisees said, “Why are you doing what is not lawful on the Sabbath?” Jesus answered them, “Haven’t you read what David and those who were with him did when he was hungry— how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat? He even gave some to those who were with him.” Then he told them, **“The Son of Man is Lord of the Sabbath.”**

LUKE 6 v 1 - 5



“When you enter your neighbor’s vineyard, you may eat as many grapes as you want until you are full, but do not put any in your container. When you enter your neighbor’s standing grain, you may pluck heads of grain with your hand, but do not put a sickle to your neighbor’s grain.

DEUTERONOMY 23 v 24 - 25



Traveling more than 3,000 feet from your home was forbidden

A piece of wood or a rope placed across the end of a narrow street or alley constituted a doorway.

SABBATH LAW EXAMPLES



We had traded our traditions about the law for a new law and forgotten the lawgiver.

FAMILIARITY NOT INTIMACY

LAWGIVER



NEXT STEPS

- **ACKNOWLEDGE WHERE YOU ARE**
- **INTIMACY NOT FAMILIARITY**