

**The Sabbath is a memorial.**

**(Leviticus 23:23 – 25)**

**Intro:** Perhaps we should think of the Sabbath as a time out for the people of the Lord. When we read through the Old Testament, we see the strict regulations that governed the Sabbath, and in the midst of them is the theme of *rest* and *focus*.

**I. The Sabbath was a memorial of God's \_\_\_\_\_.**

- A. First we would do well to know that there were several \_\_\_\_\_ types of sabbath mentioned in the Bible, with the main focus being on God.
  - 1. We think that we are busy and it isn't that we aren't busy, but considering the \_\_\_\_\_ saving devices we have today, we should have more \_\_\_\_\_ time than those hundreds or thousands of years ago.
  - 2. They had no modern conveniences, no stores to buy prepared foods, no refrigerators to keep prepared foods safe, no running water, central plumbing, none of the conveniences we take for \_\_\_\_\_.
  - 3. Just about every day was a challenge for \_\_\_\_\_, to get the basic chores of life done from sunrise to sundown.
  - 4. Life was hard and harsh and at days end people were \_\_\_\_\_ from trying to survive, and God wanted at least one day in every individual's life in which they could stop, rest and focus on the Lord God.
  - 5. It was important to \_\_\_\_\_ the body, the soul, the human spirit and family ties.
- B. The sabbath or shabbat began Friday before \_\_\_\_\_ and ran until Saturday evening, with some suggesting it ends when three stars are seen.
  - 1. While the Jews may have a large number of sabbaths, there appears to only be about thirteen \_\_\_\_\_ sabbaths mentioned on the Jewish calendar.
  - 2. I will give you a list of these thirteen but to deal with them is difficult seeing I do not know Hebrew and trying to pronounce the Hebrew words would be a disaster for me.
  - 3. The thirteen special sabbaths on the Jewish calendar are,
    - \* **Shabbat Shuvah** or Shabbat Teshuvah - The week between Rosh Hashanah and Yom Kippur is a time of intense introspection and repentance.
    - \* **Shabbat Bereishit** - Like a caboose following a long railroad train, this Shabbat

helps us collect the spiritual energy of the past month, ensuring that we remain on track for the long haul ahead.

- **Shabbat Chanukah** - The eight days of [Chanukah](#) will always coincide with at least one and sometimes two Shabbats. When this happens, there are special *haftarah* readings, and Chanukah candles are lit earlier than usual on Friday afternoon and later on Saturday night, since fire may not be handled on Shabbat itself.
- **Shabbat Shirah** - The portion of Beshalach tells of our ancestors' miraculous trip through the Red Sea and how Moses and Miriam led them in songs of praise.
- **Shabbat Shekalim** - *shekel* which was due on Nissan 1. The collection was announced one month prior, on Adar 1, so the Torah reading on the Shabbat which falls on or before [Adar](#) 1 is supplemented with the verses that relate G-d's commandment to Moses regarding the first giving of the half-shekel.<sup>2</sup> This Shabbat is known as Shabbat [Shekalim](#).
- **Shabbat Zachor** - On the Shabbat before Purim, the holiday when we celebrate the foiling of Haman the Amalekite's plot to destroy the Jewish people, the weekly Torah reading is supplemented with the [Zachor](#) ("Remember!") reading in which we are commanded to remember the evil of Amalek and to eradicate it from the face of the earth.<sup>4</sup>
- **Shabbat Parah** - Parah details the laws of the red heifer and the process by which a person rendered ritually impure by contact with a dead body was purified.<sup>6</sup>
- **Shabbat Hachodesh** - 1. Hachodesh recounts G-d's historic communication to Moses two weeks before the Exodus regarding the [Jewish calendar](#), the month of [Nissan](#), and the [Passover offering](#).<sup>7</sup>
- **Shabbat Hagadol** - in commemoration of the miracle that occurred in Egypt on this day, heralding the Exodus five days later. Fearing the impending death-of-the-firstborn plague, the Egyptian firstborns rose up against Pharaoh and demanded that Israel be set free. In this way, G-d smote Egypt from within.
- **Shabbat Chazon** - The most somber period on the Jewish calendar is the nine days leading up to (and including) the Ninth of Av, when we mourn the destruction of both Holy Temples in Jerusalem.
- **Shabbat Hagadol** - This is the first of the series of readings known as "[The Seven of Consolation](#)" read in the seven weeks between the Ninth of Av and Rosh Hashanah.

- **Shabbat Nachamu** - This is the first of the series of readings known as “[The Seven of Consolation](#)” read in the seven weeks between the Ninth of Av and Rosh Hashanah.
- **Shabbat Chol Hamned** - The intermediate days of Passover and Sukkot are quasi-holidays known as [Chol Hamoed](#). Shabbat [Chol Hamoed](#) has an added layer of festivity;
- **Shabbat Mevarchim** - The Shabbat before the start of a Jewish month ([Rosh Chodesh](#)) is known as [Shabbat Mevarchim](#), “the Shabbat when we bless.” On this day, during the synagogue service, we recite a blessing for the new month and announce the timing of Rosh Chodesh.

4. In most cases we can see the shabbats or sabbaths were meant to be a \_\_\_\_\_ or memorial of some special interaction of God with His people. A day or time of reflection on the blessings and goodness of God.

C. So, why don't Christians observe the Sabbath or shabbat?

1. The Jews had no \_\_\_\_\_ church such as we do, they had no completed \_\_\_\_\_ as we do, and they had no \_\_\_\_\_ Holy Spirit as we do.
2. We, unlike the Jews, do not have to \_\_\_\_\_ for a specific day such as Saturday to be pulled \_\_\_\_\_ into God's presence via a memorial.
3. As the Redeemed of the Lord, we are able to \_\_\_\_\_ in His presence on a daily basis much easier than could the Jews in biblical times.
4. It appears that following the death, burial and resurrection of Christ, even though the disciples and Apostles entered the synagogues to \_\_\_\_\_ Christ and the Gospel, they were not welcomed with open hands.
5. Paul speaking to the Believers in Corinth, wrote in **I Corinthians 16:1 – 3** that the Redeemed were to bring in their \_\_\_\_\_ on the first day of the week – Sunday.
6. Seeing that Jesus rose from the dead, the early church under the New Covenant, in honor of Christ's resurrection, \_\_\_\_\_ their worship to the first day of the week – Sunday. (**I Corinthians 16:2 compare Revelation 1:10**)
7. The first day was the day on which the Holy Spirit was \_\_\_\_\_ out on the church – (**Acts 2:1-36**).
8. Sunday should definitely be a day of rest and ease so that we can worship the Lord by \_\_\_\_\_ on His goodness to us through the previous week and charge our spiritual batteries in preparation for the next week as well.
9. When we go full-blast 7 days a week, we spend \_\_\_\_\_ time with God and we need quality of time, but without quantity of time we can't have any real quality of time.