

Principles of the Sabbath

1. The Sabbath was given to man to promote his relationship with God.
2. Corporate Worship and purposeful fellowship with God is a priority on the Sabbath.
3. We should desire to be with the visible people of God on this day.
4. The Sabbath is connected to both creation and redemption. This means that our physical bodies need a Sabbath Rest and our souls also need time to remember our redemption.
5. The Sabbath points us to the New Creation and the fullness of our redemption. From the Sabbath we better view our Promised Land.
6. It is appropriate to do good and to perform acts of love on the Sabbath.
7. It is appropriate to do works of necessity on the Sabbath.
8. The Sabbath ought to be different from the other days of our week.
9. The Sabbath is both inward and outward. When we realize this we will understand that we never perfectly keep the Sabbath. This is due to the fact that we do not perfectly love God.
10. Keeping the Sabbath requires faith. Trusting God that he will provide on the other 6 days. The Sabbath is a means by which we cast ourselves afresh on Jesus Christ to redeem us.
11. We should discern what is the difference between clear rules and personal convictions. There are grey areas.
12. We should always be harsher on ourselves than we are judgmental towards others.
13. We should lead with teaching the principles rather than simply declaring the rules. People need to appreciate the inward essence of the Sabbath if they are going to call the Sabbath a delight.
14. Your practice of the Sabbath may change at different points in your life.
15. The Sabbath is a full day, not just a few hours at Church. (Sundown or midnight?)
16. Exceptions may occur, but we should not simply do whatever we please on God's day.
17. Preparation is important.
18. Family is important.
19. The Sabbath can be used to identify idols in your life.
20. The Sabbath is about Jesus and the rest he provides.