(Topics, Lead-in, and Lead-in Devotional Reading below)



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LEAD-IN: "Remember the Sabbath day, to keep it holy. For six days you shall labor and do all your work, but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you. For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11, NASB)

LEAD-IN DEVOTIONAL READING:

Sabbath

Father, when You invite us to observe a sabbath, You are not placing a burden on us. You are removing a burden from us. Like the children of Israel, You are teaching us that we are no longer slaves, forced to scramble every moment. We are free. We are children of the King. We are the people of the Almighty, All-loving God. You are inviting us to set aside all our labors for one day a week and simply rest and turn our minds and hearts to You; You are reminding us of Who You are and who we are in You. Your purpose is not to restrict us but to let us taste the freedom that is ours in You: to re-orient our lives around our gracious, all-wise Creator. So thank You, loving Father, for this one day every week. Help us to think, not of what we can't do, but what we don't have to do and what we are privileged to do. Teach us how to truly rest, joyfully and freely, with You and in You.

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