



Emotionally Healthy Spirituality

**Discover the Rhythms of the
Daily Office and Sabbath:**

**EHS addresses the stuff beneath
what everyone else sees.**



**God uses the ceasing of work, to
allow us to acknowledge our limits
and acknowledge Him as limitless.**

**The word Sabbath means to
cease or rest.**

**The Sabbath is a 24 hour
period to stop, rest, delight
and contemplate God.**

Deuteronomy 5:12-15



Mark 2:23-3:6

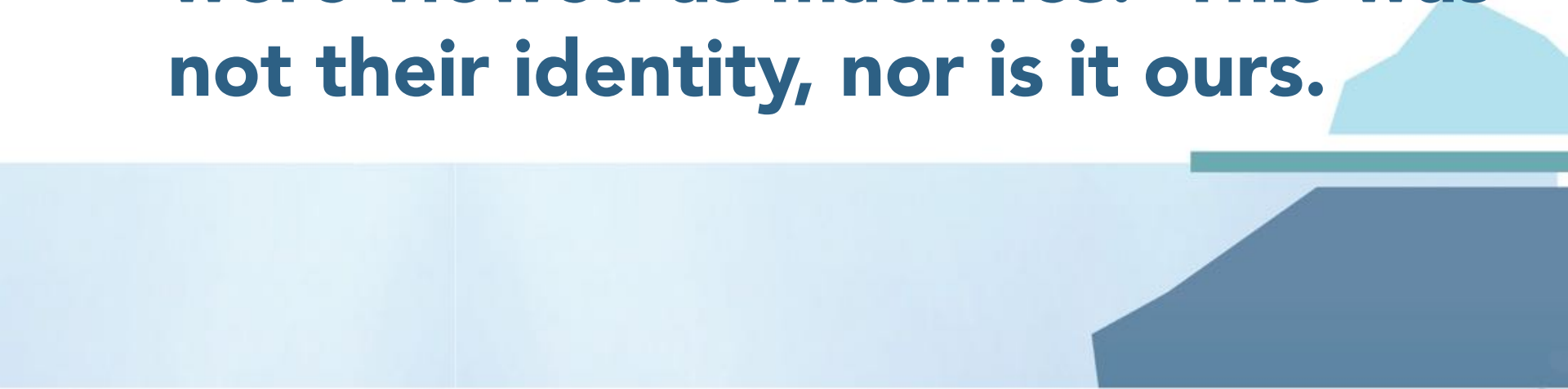


Deuteronomy 5:12-15

The 10 Commandments

1. No other gods.
2. No idols.
3. Don't misuse God's name.
4. Keep the Sabbath.
5. Honor your parents.
6. Do not murder.
7. Do not commit adultery.
8. Do not steal.
9. Do not lie.
10. Do not covet.

Why is Sabbath a part of the ten commandments?

- **God worked then ceased. (We are to be like Him.) Ephesians 5:1**
 - **In Egypt, the Israelites worked every day, 7 days a week. They were viewed as machines. This was not their identity, nor is it ours.**
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The Snow Day

**Sabbath is not one more thing
"we have to do" but instead
an opportunity.**

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Mark 2:23-28

“The Sabbath was made for man, not man for the Sabbath.” Mark 2:27



Mark 2:23-28

- **The Mosaic Law – 10 Commandments**
- **The Midrash – 613 commandments**
 - **To keep the Sabbath Holy, there were 39 categories defining work.**

“The Sabbath was made for man, not man for the Sabbath.” Mark 2:27

How can we introduce a Sabbath into our week?



Four elements to help us Sabbath during the week.

1. Stop

2. Rest

- work

- tech

- worry

- multitasking

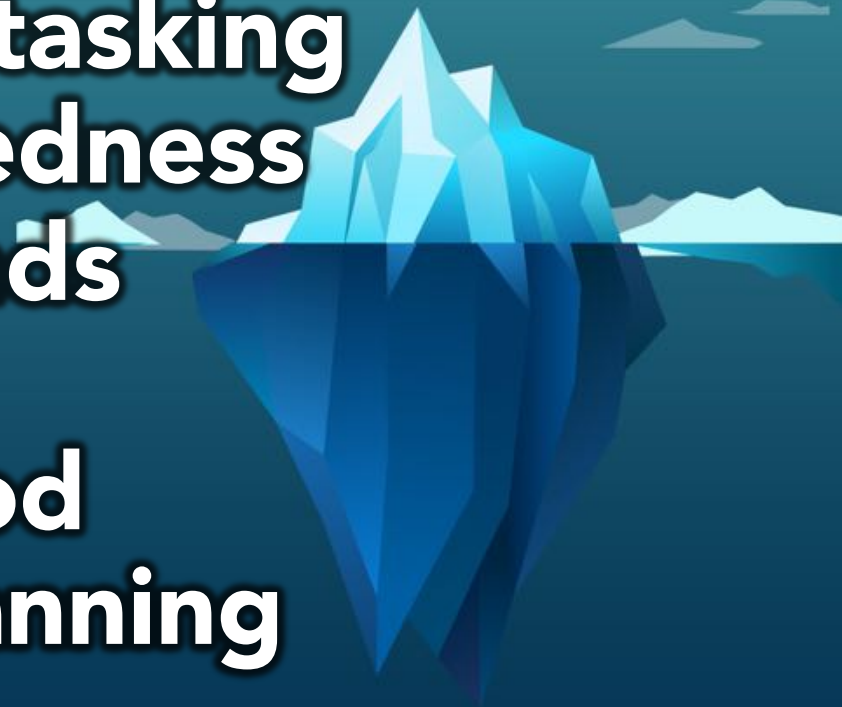
- hurriedness

- errands

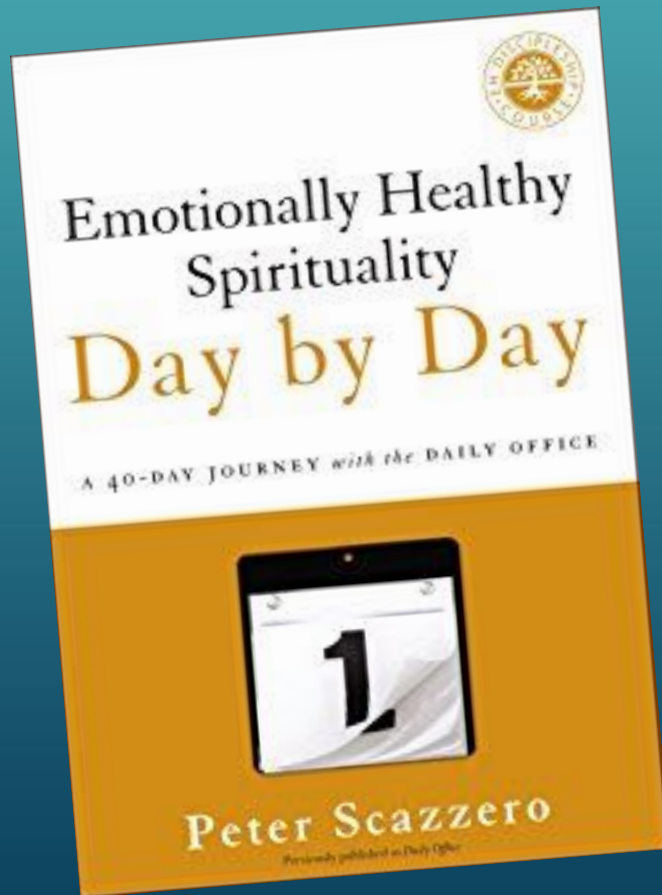
3. Delight

4. Contemplate God

- Intentional planning



We can stop daily in Sabbath to be with Jesus:



Day by Day = Daily Office