Discovering Exodus: Finding prayer points, testimonies, reflection and journaling questions that will engage your heart with the Father.

Chapter 31: Sabbath Keeping

**□ The Invitation**: Invite the Holy Spirit to show you something new as you read through the chapter. The Father desires to meet with you and share something with you today. You may find it in the reading or you may hear His Voice speaking to Your Spirit in the quiet of this moment.

**□ The Reading:** Read Exodus Chapter 31. Record any thoughts from the chapter, questions you have or verses that the Holy Spirit highlighted to you while reading.

**□ The Focus**: Today’s focus is a journaling question. Write your thoughts as you meet with the Father.

God’s final word to Moses on Mount Sinai is the command to remember the Sabbath. This is significant. Among all the other laws and commands and the directions for the Tabernacle, the pinnacle of what God wants the Israelites to remember is this: “*You must observe My Sabbaths. This will be a sign between Me and you for the generations to come, so you may know that I am the Lord, who makes you holy*,” Exodus 31:13. This is a retelling of the fourth commandment. “*Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord you God....for in six days the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy*,” Exodus 20:8-11. Here are some takeaways for us from the text.

**Remember the Sabbath day**. Observe it for the generations to come. We are living in those generations that were to come. The command hasn’t changed or been abolished. We are to remember the Sabbath.

**It is one day out of seven**. We are told in Exodus 31:17, “...*for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed*”. What does it mean that God rested? God was satisfied that creation was complete and it was very good (See Genesis 1 & 2). He now wanted to stand back and savor the beauty and completeness of His creative work. Have you ever created something beautiful? Possibly a painting, sketch, sculpture, decorating a room, building something and when it was completed, you stood back and observed the beauty of how it came together? This makes me think about each of my labor & delivery experiences. I have three children, and after each birth, my husband and I would savor the beauty of the child we held in our arms. It is the ultimate moment of rest and refreshment after such intense “work”. And each of these experiences are a few of the most intimate and sacred moments my husband and I have had together. Could that be the kind of rest and refreshment God experienced on the seventh day?

What does it mean for us to rest? We stop every seven days and remember that God is Creator. We reflect on His holiness and beauty. He is our source for life and for all blessing.

God told Moses to “*Observe the Sabbath because it is holy to you*,” Exodus 31:14. We **keep it holy** because it belongs to God. The Sabbath is a day set apart from every other day. It is consecrated. We devote one day per week to focus our attention on God in a special way. What can you devote yourself to that will deepen your love for God?

Twice in the last 6 verses of Exodus 31, God tells Moses that the Sabbath will be a sign between God and Israel for the generations to come. A sign points to something. What is the Sabbath pointing to? It points to a truth that we are not to forget. God has made us holy. He has sanctified us. He has chosen us and set us apart. As we observe the Sabbath, we remember His great purpose for our life is that we experience the highest and greatest joy! God did not make this covenant with all nations, but only His chosen people. You and I are signs as we observe the sacredness of the Sabbath.

God spoke to the nation of Israel in Isaiah 58 reminding them to keep the Sabbath. “*If you watch your step on the Sabbath and don’t use my holy day for personal advantage, if you treat the Sabbath as a day of joy, God’s holy day as a celebration, if you honor it by refusing ‘business as usual’, making money, running here and there—then you’ll be free to enjoy God! Oh, I’ll make you ride high and soar above it all,*” verses 13-14 (Message Translation).

**Journaling Question**:

How do you observe the Sabbath? Are there any changes you would like?