

Set Free to Live Free: Week 6: Keep the Sabbath

Holy 5-Day Devotional

Day 1: Resting in God's Design Reading: Genesis 2:1-3, Exodus 20:8-11 Devotional: God's command to remember the Sabbath reminds us of His original design for humanity. Just as God rested on the seventh day of creation, He invites us into a rhythm of work and rest. This isn't about following rules, but about trusting in God's wisdom for our lives. Today, reflect on how you view rest. Do you see it as unproductive time, or as a gift from God? Consider how embracing regular rest might deepen your trust in God's provision and remind you of your identity as His beloved child, not defined by your productivity.

Day 2: Freedom Before Obedience Reading: Exodus 20:1-2, Galatians 5:1 Devotional: The order of events in Exodus is significant - God frees His people before giving them the law. This mirrors the gospel: we are saved by grace, not by our own efforts. Our obedience flows from the freedom and love we've already received. Today, examine your heart. Are you trying to earn God's love through your actions, or are you responding to the love He's already shown you? Let this truth liberate you: God's love for you is not based on your performance, but on His character.

Day 3: The Gift of Sabbath Reading: Mark 2:23-28, Matthew 11:28-30 Devotional: Jesus declared that "the Sabbath was made for man, not man for the Sabbath." This reveals God's heart behind the command - it's a gift, not a burden. The Sabbath invites us to rest, to remember our dependence on God, and to delight in His presence. In a world that glorifies busyness, choosing to rest can be a powerful testimony. How might intentional rest serve as a "megaphone to the world that Jesus is Lord," as mentioned in the sermon? Consider practical ways you can embrace Sabbath rest as a gift and witness.

Day 4: Trusting God's Provision Reading: Exodus 16:1-30, Matthew 6:25-34 Devotional: The Israelites had to trust God's provision of manna, gathering only what they needed for each day, with a double portion before the Sabbath. This required daily faith and obedience. Similarly, Jesus teaches us not to worry about tomorrow, but to trust in God's care. Reflect on areas where you struggle to trust God's provision. How might practicing Sabbath rest challenge your tendency to rely on your own efforts rather than God's faithfulness?

Day 5: Filled with the Spirit Reading: Ephesians 5:15-20, Galatians 5:16-25 Devotional: Being filled with the Spirit isn't about having more of the Spirit, but about the Spirit having more of us. This empowers us not only for service but also for rest. The same Spirit that enables us to share the gospel also enables us to embrace Sabbath. Today, invite the Holy Spirit to have more control in your life. Ask Him to reveal areas where you need to surrender control and trust more fully in God's design for work and rest. How might being filled with the Spirit change your approach to both your work and your rest?