



SOUND CITY
BIBLE CHURCH

Sabbath Preparation Guide

Biblical Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God...The apostle Paul considered one day for Sabbath as good as another (Romans 14:1-17). So the particular day of the week doesn't matter. What matters is to set aside a twenty-four-hour period and protect it.

– Peter Scazzero

Then he told them, "The Sabbath was made for man and not man for the Sabbath."

– Jesus, Mark 2:27

Stop

Leviticus 23³ You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest. (NLT)

On my sabbath, I will not do my usual work:

Rest

Genesis 2³ God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.

These things help me to genuinely rest:

Delight

Genesis 1³¹ God saw all that he had made, and it was very good indeed.

These activities help me delight in God's creation:

Worship

Exodus 20⁸ Remember the Sabbath day, to keep it holy...¹¹ That is why the LORD blessed the Sabbath day and set it apart as holy.

During the sabbath, I will connect with God:
