

## Bible trivia time:

**What was the crime of the only one recorded in the books of Moses to have been stoned to death?**



**32 Now while the sons of Israel were in the wilderness, they found a man gathering wood on the sabbath day.**

**Numbers 15:32–36**



33 Those who found him  
gathering wood brought him to  
Moses and Aaron and to all the  
congregation;



34 and they put him in custody  
because it had not been  
declared what should be done  
to him.



35 Then the LORD said to Moses, "The man shall surely be put to death; all the congregation shall stone him with stones outside the camp."



36 So all the congregation brought him outside the camp and stoned him to death with stones, just as the LORD had commanded Moses.





# We still need a Sabbath



**12 The LORD spoke to Moses, saying,**

**Exodus 31:12–18**



13 "But as for you, speak to the sons of Israel, saying, 'You shall surely observe My sabbaths; for *this* is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.



14 'Therefore you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.



15 'For six days work may be done,  
but on the seventh day there is a  
sabbath of complete rest, holy to the  
LORD; whoever does any work on the  
sabbath day shall surely be put to  
death.



16 'So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.'



17 "It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased *from labor*, and was refreshed."



**18 When He had finished speaking with him upon Mount Sinai, He gave Moses the two tablets of the testimony, tablets of stone, written by the finger of God.**



"Refresh" =  
"to take a breath."



We are hard wired as  
image bearers of God  
to require rest and  
refreshing.



Either we rest and  
get refreshed  
regularly,  
or we strive our way  
through life.



19 "Therefore *repent and return*, so that your sins may be wiped away, in order that *times of refreshing* may come from the presence of the Lord;

Acts 3:19



The purpose of Sabbath is  
to make room for God to  
breathe again into us the  
breath of life as He did  
when we were first  
became living souls.



Failing to do so is to say  
to God, "I have no need of  
you."



9 So *there remains a Sabbath*  
*rest* for the people of God.

Hebrews 4:9–11



10 For *the one who has entered  
His rest has himself also rested  
from his works*, as God did from  
His.



11 Therefore let us *be diligent*  
*[work hard] to enter that rest*, so  
that no one will fall, through  
*following* the same example of  
disobedience.



IF YOU...

Have no time to sit  
quietly alone with God  
and pray.

...THEN YOU NEED A SABBATH



IF YOU...

are too busy to  
meditate on God's Word  
and soak in its truth.

...THEN YOU NEED A SABBATH



IF YOU...

Have gone a long time  
without pondering your  
life's direction and  
priorities

...THEN YOU NEED A SABBATH



IF YOU...

Have a calendar so full  
that you have no time to  
sit with those you love  
and just BE with them.

...THEN YOU NEED A SABBATH



IF YOU...

feel drained, stressed,  
worn out, anxious or  
frustrated in life

...THEN YOU NEED A SABBATH



IF YOU...

overload your schedule  
to avoid that difficult  
thing you know you  
should do

...THEN YOU NEED A SABBATH



IF YOU...

miss God and His  
presence because of  
any of these things

...THEN YOU NEED A SABBATH



15 For thus the Lord GOD, the Holy One of Israel, has said, "***In repentance and rest you will be saved, In quietness and trust is your strength.***"

Isaiah 30:15