

# Sabbath Rest

In our work-driven culture, it can be hard to rest. And yet, in the Ten Commandments, God commands us to 'Remember the Sabbath day by keeping it holy.' What exactly is God asking of us with this commandment? Does Sabbath rest just mean taking a day off? Or is there more to it than that? Join us as we trace the spiritual discipline of Sabbath rest through Scripture to better understand what God designed Sabbath for. Together we'll evaluate commonly held ideas and traditions about the Sabbath, consider healthy ways to keep the Sabbath, and discover how cultivating this time-honored practice can strengthen our faith and draw us closer into relationship with our Creator God.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How would you define sabbath rest?
- Are you intentional about resting on the sabbath? Why or why not?



**LISTEN TO THE EPISODE:** [Sabbath Rest](#)

**READ** [Genesis 2:1-3](#), [Exodus 20:8-11](#), [Deuteronomy 5:12-15](#), [Hebrews 4:6-11](#)

**REFLECTION** After listening, consider the following questions:

- In segment 1, host Scott Hoezee mentioned that we may be more motivated to tend to God's creation if we first take the time to delight in that creation. How often do you take time to simply enjoy what God has created? What are some of the ways you find pleasure in God's creation? If you'd like to cultivate this more in your life, are there activities you'd like to try to cultivate your delight in God's creation?
- Think about how you currently practice the sabbath and how you have practiced the sabbath in the past. How might you adjust or change your sabbath habits to encourage yourself to focus on God, creation, and redemption?
- As Scott explained in segment 3, sabbath means stopping your busyness. By stopping, we remind ourselves that God is God, and we are not. Are there any specific duties, tasks, worries, or distractions in your life that you think you need to *stop* to improve your discipline of practicing the sabbath?

**RELATED PASSAGES** for further study

[John 5:16-30](#), [Isaiah 58:13-14](#), [Isaiah 66:22-23](#), [Exodus 31:17](#), [Mark 2:23-28](#)

## CONCLUSION

Consider these words from Eugene Peterson: “If you don't take a sabbath, something is wrong. You're doing too much, you're being too much in charge. You've got to quit, one day a week, and just watch what God is doing when you're not doing anything.”

Reflect on what the Holy Spirit has stirred in you about letting go, stopping what you are doing, and finding joy in God's creation on the sabbath. Close your time of reflection in prayer, using the following prompts to guide you:

- Ask God to teach you how to let go and simply stop what you are doing.
- Ask him to show you the beauty and goodness of his creation.
- Ask God for eyes to see what he is doing when you are doing nothing. Pray that this may be a comfort and that you may grow to delight in this time of rest in God's creation.

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<https://groundworkonline.com/episodes/sabbath-rest>

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