

Sabbath is a day set aside as holy to the Lord; that makes sabbath a time to reorient ourselves and our lives towards God. In other words, sabbath is a day for worship.

Hebrew preposition is a single letter: “to the Lord”

_____ the Lord _____ the Lord
_____ the Lord _____ the Lord

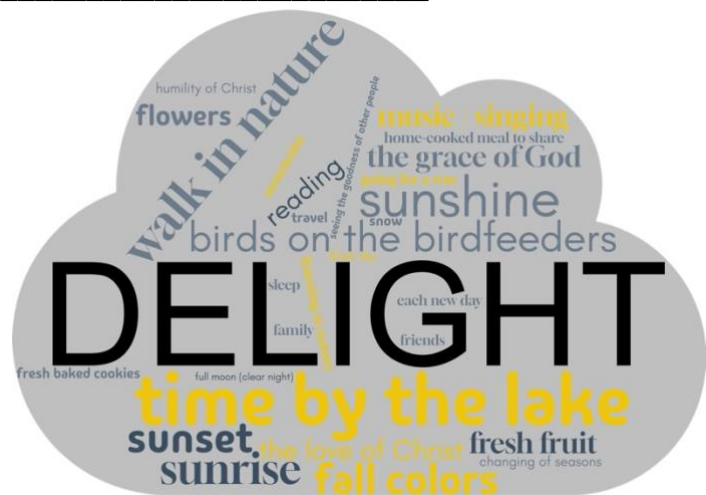
stop _____ rest _____

delight _____ worship _____

what is worship?

not a question of _____ we worship,
but a question of _____ we worship

worship embraces the _____ which
orient our lives into the narratives that give our lives



Sabbath - worship



Exodus 16:21–30 (NIV)

²¹ Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. ²² On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. ²³ He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of sabbath rest, **a holy sabbath to the LORD**. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’ ”

²⁴ So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. ²⁵ “Eat it today,” Moses said, “because today is a sabbath to the LORD. You will not find any of it on the ground today. ²⁶ Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”

²⁷ Nevertheless, some of the people went out on the seventh day to gather it, but they found none. ²⁸ Then the LORD said to Moses, “How long will you refuse to keep my commands and my instructions? ²⁹ Bear in mind that **the LORD has given you the Sabbath**; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” ³⁰ So the people rested on the seventh day.

Sabbath – worship

Exodus 16:21-30



Understanding the Bible:

What is the problem being expressed in this Bible passage?

How does God show up in this Bible Passage?

Why did Moses command the people to gather twice as much manna on the sixth day?

My favorite song today:

Things I will pray for this week:

Today's Bible Passage: Exodus 16:21-30

(Can you find the highlighted words?)

G T T E E C M W P L D S
S A M R E V E R Y O N E
A N T O E E N T G R B A
B L K H R S I E R D B C
B S E V E N T H E W D H
A I E A U R I T W D P T
T V P M D A L N H G E O
H H M O S E S B G V O D
B O I L M Y R I A R P A
C O M M A N D S X K L Y
U H I W U I W A N T E O
Y C A M E C U I H O H H
Y K R N O D H D I L E Y

Each morning **everyone** gathered as **much** as they **needed**, and when the sun **grew** hot, it **melted away**. On the **sixth** day, they gathered twice as **much**—two omers for **each** person—and the **leaders** of the **community** **came** and reported this to **Moses**. He **said** to them, “This is what

the **LORD** commanded: ‘Tomorrow is to be a day of **sabbath rest**, a holy **sabbath** to the **LORD**. So **bake** what you **want** to **bake** and **boil** what you **want** to **boil**. **Save** whatever is left and **keep** it until **morning**.’” So they saved it until **morning**, as **Moses** commanded, and it did not stink or get maggots in it. “Eat it **today**,” **Moses** said, “because **today** is a **sabbath** to the **LORD**. You will not find any of it on the ground **today**. Six days you are to **gather** it, but on the **seventh** day, the **Sabbath**, there will not be any.” Nevertheless, some of the **people** went out on the **seventh** day to **gather** it, but they found none. Then the **LORD** said to **Moses**, “How long will you refuse to **keep** my **commands** and my instructions? Bear in mind that the **LORD** has given you the **Sabbath**; that is why on the **sixth** day he gives you bread for two days. **Everyone** is to stay where they are on the **seventh** day; no one is to go out.” So the **people** rested on the **seventh** day.