

1. Are you consistently exhausted? Do you typically feel overwhelmed by the responsibilities and expectations that have been placed upon you? Do you often feel like you will never get a break from the frantic and frenzied pace of your everyday, every week life?

2. For years I felt consumed by busyness. I often felt hopeless to defend myself against my "to-do" list, even though much of what I was doing was service-based work in one way or another. Seven days a week I went to sleep feeling like I didn't accomplish half of what I "should" have. And so life was simply an unending endurance race in which I daily just pushed through the fatigue.

3. In the course of my regular weekly Bible research I came across a video that suggested we should still be keeping the Sabbath as a day of rest. At first it seemed downright heretical to me because I had always heard that was something the Jews did, not Christians. Almost immediately though, the Father gently reminded me that it was, after all, his fourth commandment. I also could not deny that the teacher in the video made what seemed to be some valid points. So I decided to search out the scriptures myself.

4. A simple keyword search for "Sabbath" reveals a treasure trove of passages that, when read in their full context, paint a very convincing and convicting picture. The Sabbath was originally created by the Father, who even modeled it for us during creation week. Scripture reveals that it was, in fact, made for man. It was given as a perpetual command, for all generations, wherever we live. It is a sign between God and his children. It was practiced by Yeshua (Jesus) his entire life, and he went on to declare himself "Lord of the Sabbath." We can also infer from the punishment the Father assigned for breaking it that the Sabbath is extremely important to Him. In addition to all of this, the weekly Sabbath is a symbol of the much anticipated Millennial Kingdom, where Yeshua will physically reign on Earth for 1,000 years.

5. We find the commandment for the Sabbath in Exodus 20:8-11, Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor

your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. For more information on LORD in all capitals being a substitution for the proper name of the Most High God, please see my video, "The Name of the Lord."

6. The instructions for keeping the Sabbath are actually quite simple. For the entire day no one in your household should do any work, and you should not make anyone else work for you. This obviously can be a challenge initially as our culture loves to schedule events on Saturday. It also does require some intentional preparation each week to be ready for a day without work. Basically having the house picked up and food for the next day already prepared, or plans for easy meals that don't require a lot of effort.

7. It's important to note that the Biblical Sabbath is actually on Saturday, not Sunday. You can pause this video to read the following quotes, because it is a well documented and easily verifiable fact that the Catholic Church openly admits that they are responsible for changing the Sabbath from Saturday to Sunday. In fact, it's fascinating to note that the word for "Saturday" in many languages still very closely resembles the word Shabbat, which is the original Hebrew word for Sabbath

8. The real issue with the Sabbath, however, is the unexpected blessings it brings. It is a weekly reprieve from the craziness of your schedule. It's a one day vacation getaway from the previous six days of chaos. It is an escape and a chance to recharge, and refresh. It is uninterrupted family time without obligation. It is a chance to play with your kids and not have to keep checking the time. It is the day the Father intended for us to reconnect with him and his word in obedience to his commandment.

9. And it's not just that you don't get to work, it's that you CAN'T work. You don't have permission to work. And because of that, you have FREEDOM from all the busyness of the week. "Sorry, I can't do that today. My Dad says I have to rest."

10. I think it takes a few months of keeping the Sabbath to fully comprehend that freedom, but let me assure you, it is amazing. After five years now of keeping the Sabbath, I can say with confidence it has been one of the biggest blessings my family has experienced. We all look forward to it. We talk about it all week as we plow through the busyness. "Only two more days until Sabbath!" And when Saturday arrives, we savor the privilege of resting and simply enjoying each other in the presence of our Father. You'd be surprised how long one day can feel when you are not constantly busy!

11. Like me, you might at first think keeping the Biblical Sabbath sounds crazy, or even wrong. I'd encourage you to test the scriptures for yourself. (1 Thes. 5-21) My wife and I regularly comment that we cannot imagine our lives now without the Sabbath rest! In fact, we can't understand how we previously survived without it!

12. But if you find yourself at all curious about the benefits of obeying the Father's command in keeping the Biblical Day of Rest, I would challenge you to keep the Sabbath for just one month and see for yourself if it does not abundantly bless you and your family. After all, it should come as no surprise that obedience to our Heavenly Father would come with many blessings! You can also check out the video "The Sabbath Day" from 119 Ministries for an in depth exploration into the Sabbath and its significance.

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