



THE CAMPUS CHURCH
LOVE AND SERVE GOD AND PEOPLE

Margin – Creating space for what really matters

The Sabbath - The antidote to being margin-less

Thus the heavens and the earth were completed in all their vast array.² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:1-3

“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy. Exodus 20:8-11

¹⁰ “For six years you are to sow your fields and harvest the crops, ¹¹ but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what is left. Do the same with your vineyard and your olive grove. ¹² “Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed. Exodus 23:10-12

¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the LORD your God has commanded you to observe the Sabbath day. Deuteronomy 5:15

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, ¹⁴ then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the LORD has spoken. Isaiah 58:13-14.

²³ One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” ²⁵ He answered, “Have you never read what David did when he and his companions were hungry and in need? ²⁶ In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” ²⁷ Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.” Mark 2:23-28

⁹ Going on from that place, he went into their synagogue, ¹⁰ and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?” ¹¹ He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? ¹² How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.” ¹³ Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. Matthew 12:9-13

Some practical suggestions

1. Identify the day you will honour as the Sabbath. Is it Sunday? Or will it be another day?
2. Get to bed early the night before so you are not tired on your Sabbath.
3. Carve out some time for an extended devotional time with God. Create space in which you can really connect with God and hear his voice. Review your salvation story. Also, review times of God’s faithfulness to you. Count your blessings.
4. Share your Sabbath with other like-minded Christians. Make meaningful spiritual connection with family and friends. Community is a part of Sabbath.
5. Go for a leisurely walk out of doors. Reflect upon and enjoy God’s creation. Think about him resting after creating the world.
6. Try to avoid chores like grocery shopping, cutting the lawn, or washing the car. Do those things another day.
7. Try to do your meal prep the day before.
8. Gather the family together for dinner and think about having a short devotional and prayer time together.
9. Think about totally unplugging. Don’t open up your computer, don’t turn on the TV, and see if you can even turn off your cell phone for a few hours!
10. At the end of the day, spend some extra time in prayer thanking God for your time together.