



A 7-DAY DEVOTIONAL

JESUS

THE LORD OF THE SABBATH

FOR THE SON OF MAN IS LORD
EVEN OF THE SABBATH
- MATTHEW 12:8 -

FOREWORD

With this devotional, we want to invite you to focus on Jesus, who is Lord of all... including Sabbath! [Mark 2:27-28](#) said, “*The Sabbath was made for man, and not man for the Sabbath. Therefore, the Son of Man is also Lord of the Sabbath.*” Jesus is Lord of the Sabbath.

God Himself took a Sabbath after He finished creating the world. He wants us to follow His example as He knows that Sabbath is meant for our good. Because He loves us, He only wants us to practice what is best for us, and that includes keeping the Sabbath; not in a religious way but in a Christ-centered way. Through this journey, let’s explore different reasons for keeping the Sabbath: to rest, reconcile, reset, renew, grow our relationship with God and people, and rejoice. Let’s allow the Holy Spirit to work in our hearts and guide us into the whole truth, as Jesus has promised.

Ready?

Let’s dig in.



DAY 1: INTRODUCTION

Before looking at the purpose of Sabbath in our lives as we journey with Christ, let us first look at the context of usage of the word “Sabbath” in the Old and New Testaments.

In the Old Testament, the Hebrew origin of the word Sabbath is ‘*shabbat*’ meaning to cease, desist or rest. The first usage of the word is in [Exodus 16:23](#), where the Lord commanded the Israelites through Moses to not collect nor prepare manna on the Sabbath day, for it was to be kept holy. This day was and is still observed by ardent Jews from Friday to Saturday. Later in the scripture, it was given to the Jews as one of the 10 commandments. There are two main reasons behind God commanding the Israelites to keep the Sabbath as a holy day.

Firstly, it was pointing to God resting on the 7th day from all His creation. It was to be a day of rest, set apart and made different from the other days i.e., holy unto the Lord. On the Sabbath day, the sun would rise and set like on any other day, however what would make it different is the activities that we, as God’s chosen people, would perform during this day. It would require us to not do our “usual” activities but rather to do things differently.

“Remember the Sabbath day by keeping it holy. 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

Secondly, it was to remember God’s deliverance of the Israelites from the 400-year bondage and slavery under the Egyptians. It was a day of remembering the goodness of God, who delivered them from bondage through His mighty works and signs in Egypt. This remembrance in our lives should instigate gratitude, humility, faith, and total dependence on God, as He always comes through when we are powerless and saves us mightily. Salvation will always come from the Lord if we learn to rest in Him and wait on Him!

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

Now, it was important that we understood the scriptural context behind the keeping of Sabbath in the Old Testament, since that helps us to understand that it all points to Jesus Christ, the Lord of the Sabbath.

And He said to them, “The Sabbath was made for man, and not man for the Sabbath. Therefore, the Son of Man is also Lord of the Sabbath.” – Mark 2:27-28

True rest as we will see on day 2 of this plan comes through Jesus Christ. We cease to strive for salvation by our good works but now, by grace through faith, we receive it in Christ. In Him alone can our troubled and downcasted souls find rest. Jesus alone has delivered us from a greater bondage than that of the Israelites in Egypt: He has delivered us from the bondage of sin. But you can say, I’m already free! Well, if you

have found salvation in Christ, then you are. But if not, we are all under the bondage of sin and death, we are slaves to satan. But Jesus through the cross has offered us eternal rest and freedom by ransoming us and becoming The Way to eternal rest in the Father, through His sacrifice at the cross of calvary.

Prayer:

Father, I come to You in the name of Jesus. I seek the true rest that only You can offer. I believe that I can be set free from the bondage to sin and death, through the precious blood of Jesus Christ that was poured out for me on the cross of calvary. Let it wash me and make me free. I trust in You Lord Jesus to become my Savior, my Lord, and my rest. Amen.



DAY 2: REST

Today and in the upcoming days of this plan, we will look at the fruit of Sabbath. Jesus says in the Gospel that every branch that does not bear fruit should be cut away, and the one that bears fruit ought to be pruned, so it can bear more ([John 15:1-2](#)). Keeping the Sabbath is supposed to bear fruit in our lives, otherwise it is just a dead branch and nothing more than a religious act. Today, let's look at rest as a fruit of the Sabbath.

“Six days you shall labor and do all your work, 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. 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.” – Exodus 20:9-11

This is a portion of the passage where God gives the Ten commandments to His people, and one of them is to keep the Sabbath! Can you imagine that? Amid giving important instructions to His chosen people in the wilderness – instructions that would end up becoming universally accepted moral norms in society – God commands us to rest. The same emphasis He placed on prohibiting idolatry, adultery, and theft, He placed on resting one day out of seven. This is an invitation from our loving God and Father to set ourselves apart from the world's system of thoughts. In a society that promotes consumerism and striving to overperform in everything, resting almost sounds like an insult. People live in this constant fear of missing out and feel that they must work endless hours to be able to possess the latest car, gadget, house.... all to buy themselves joy and fulfillment. God wants to show us, and the world, that it is only in Him, that everlasting joy and fulfillment are found. Every good and perfect gift comes from Him, the Father of lights ([James 1:17](#)), who pours out His blessings over His children, not because we deserve it or earn it by our efforts, but because He loves us, and we trust in Him.

“Unless the Lord builds the house, they labor in vain who build it; Unless the Lord guards the city, The watchman stays awake in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; For so He gives His beloved sleep.” – Psalms 127:1-2

Keeping the Sabbath is not just about resting from our regular labor or work, it is mainly about teaching our soul a new way of thinking and living, renewing our intelligence, and not conforming to the present times. Keeping the Sabbath will produce the fruit of rest in our lives, as we grow in the understanding that all we have comes from God and He is master of our time. As we honor Him in our bodies ([I Corinthians 6:19-20](#)) by letting them rest in Him, our trust in Him and gratitude towards Him grow. In addition to the physical rest and wellbeing of our bodies, we learn to find spiritual rest in Him, which is what our soul and spirit yearn for.

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. – Matthew 11:28-29

God's invitation to true spiritual and physical rest is presented to you today. Will you accept it? Choose to keep the Sabbath and accept the rest that Jesus Christ gives you; may it bear fruit in your life and revive your body, soul, and spirit. Let's pray together before we meet again tomorrow to explore more of the fruit of the Sabbath.

Prayer:

Father Lord, I know in You alone shall my body, spirit and soul find complete rest. Let the Holy Spirit always remind me to keep the Sabbath and to rest my body from work. As You are the Lord over Sabbath, be my rest, Lord, and don't make me a slave to the riches of this world, forgetting to seek Your kingdom first. Lord, keep my mind away from distress and worries, and help me find the time or a day within the days of the week to be alone and spend time with You through the meditation of Your word and prayer. Thank you, Lord, for giving me rest when I need it. Bless the Lord, oh my soul, and let everything within me praise His holy name! Amen



PRAYER
SPRING

DAY 3: RECONCILIATION

Yesterday, we saw how rest, both physical and spiritual, was God's will for us. By stepping out of our daily routine and deciding to intentionally redirect our time and attention away from our daily work towards our Creator and Father, we experience the rest and peace that Jesus promised to give to all those who labor and are heavy laden. A small precision worth pointing out here is that rest is not laziness. Being lazy and avoiding work or procrastinating should in no way be confused to rest, which is a gift from the Father for those who have labored. God rested on the seventh day after laboring for six days; Jesus says He will give rest to those who labor. Good work is a pre-requisite for rest, and conversely, rest is only enjoyed to the fullest after good work has been accomplished. Sabbath and work can therefore not be dissociated. Though, during the Sabbath, we do not practice our daily labor, God invites us to think about it, to evaluate it, to reflect upon it.

“Then God saw everything that He had made, and indeed it was very good. So, the evening and the morning were the sixth day.” – Genesis 1:31

God looked back at His work when He completed creation, and said it was very good. Can you say the same? Does your daily labor show that you serve the Lord? or Mammon (money)? ([Matthew 6:24](#)) In your everyday life, do your actions encourage people to glorify your heavenly Father or to curse Him? ([Matthew 5:14-16](#)) Do you live a life that ultimately points people to God or to yourself? ([Galatians 1:10](#)) Are you working on the Great Commission of Christ, to make disciples of all nations? ([Matthew 28:19-20](#)) Or are you too busy with your personal ambitions? How is your relationship with Christ? ([John 15:4-5](#)) Growing, stagnating, or backsliding? Is the Word of God truly your daily bread? Do you consume it, obey it, and live by it or is it merely one more book on your shelf? ([Joshua 1:8](#))

In the parable of the Sower, Jesus tells of the seed that falls among the thorns. When the plant grows it is choked by the thorns that represent distractions of this world.

“Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.” – Matthew 13:22

There is a popular saying that goes like this: The person that the devil cannot destroy, he distracts. Sabbath is the antidote to the venom of distractive leisure that this world has to offer. It snaps us out of the spiral of distraction, and self-satisfaction and gives us the space and time to ask ourselves the real questions. Asking ourselves these questions will lead us to discovering the answers, which are often not satisfactory. Keeping the Sabbath puts us face to face with our shortcomings and creates in us the glorious fruit of repentance. We realize how and where we have fallen short of God's glory, how we have drifted away, and how much we need Him. Once we silence the

hustle and bustle, we discover this new aspect of the fruit of Sabbath – repentance – and simply fall to our knees before the great and Holy God.

But for a sincere and humble heart, repentance never comes alone... Its sister, reconciliation, is never far, glory be to our gracious God!

“Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. Jesus has reconciled us to Himself - that we who were supposed to die in our sins are now reconciled to the Father.” – II Corinthians 5:18-21

The fruit of Sabbath is that of repentance and reconciliation. Refraining ourselves from performing our daily tasks sets us free from the thorns that wrapped us and choked the life out of us, preventing the seed of the Word of God in us to bear fruit. Keeping the Sabbath gives us the opportunity to reflect on our work and lives in general, and let the Holy Spirit search us and reveal the lurking wickedness and sin within us ([Psalm 139:23-24](#)). When finally reconnected to God’s holiness, our unworthiness becomes so flagrant, then the natural response of repentance cannot be avoided. And as certain as the Lord does not despise the broken-hearted ([Psalm 51:17](#)), it is certain that through Christ Jesus, reconciliation is our portion!

Jesus is the only Way, Truth, and Life, no one can come to the Father except through Him ([John 14:6](#)). Only through Him can we cross from death to life. Just like rest, repentance and reconciliation can only be attained through Jesus, the Lord of Sabbath. Keeping the Sabbath cannot be done outside of Him, and only through Him will it bear its fruit in our lives. Let’s pray together now and meet again tomorrow to discover more of the fruit of the Sabbath.

Prayer:

Lord, Jesus, the great and awesome God. Hallowed be Your name in heaven and in all the earth, as there is no God who is as compassionate, loving and kind as You. Father God, help me to always set and spend a time of reflection with You and dwell in Your Word, and remind me often to keep the Sabbath day holy as You are holy and the Lord of the Sabbath. Lord, continually examine and search within me. If there is any sin You find in me, please forgive me. I also ask You to take Your place in my heart and teach me the knowledge of Your kingdom that I might gain profound understanding of Your truth. Thank you, Lord, for loving me and overshadowing me with Your light, which shines brighter than the sunlight. Glory be to Your holy name forever and ever. In Jesus’ name. Amen!

DAY 4: RESET

Yesterday, we left off enjoying the fruit of reconciliation with our Father. We repented from the poor stewardship of our time, resources, and life, and decided to turn away from all distractions. But repentance is not just turning away from evil, it is also actively moving towards the God. This is the only way that we are sure we will not circle back to what we are trying to distance ourselves from. Jesus' parable below illustrates this clearly:

“When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, ‘I will return to my house from which I came.’ And when he comes, he finds *it* empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last *state* of that man is worse than the first.” – Matthew 12: 43-45

Repenting is like cleaning the house and driving unclean spirits and habits out of our lives, but they will come back and be even worse if our house is left empty after the cleaning. Repentance is only efficient and long-lasting if we turn away from evil to move towards God! How then does that occur practically? How do we move towards God? What can we do to not be the seed amongst the thorns anymore? What can we do to bear fruit? What can we do to escape the temptations and distractions of this world?

Many years ago, a man named David asked himself these questions, and the Holy Spirit answered him, and all of us too:

“How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, that I might not sin against You. Blessed are You, O Lord! Teach me Your statutes.” – Psalm 119: 9-12

Meditating the Word of God, living according to God's precepts, enrolling into His school, and accepting His teachings; The Word of God is the solution. Keeping the Sabbath gives us room for a reset, where we clear the past and all the useless distractions we had been adding to our lives and return to the default settings, the ones that our manufacturer, God, put in us when He created us. We were created by Him, from Him and for Him; not to acquire material possessions, nor to have a career or a family, but simply for His glory and pleasure. Resetting means recalibrating our lives according to God's standards and not the world's – standards that are found in His Word: Jesus.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that

you may prove what is that good and acceptable and perfect will of God.” –Romans 12:1-2

Jesus is the Word of God that became flesh and came into the world to save everyone who believes in Him; there is no Sabbath – therefore no reset – outside of Jesus. The reset occurs by changing our focus from fleshly ambitions to spiritual preoccupations, adjusting ourselves to the standards of Christ. For that, we need to reset the way we spend our resources, such as time, money, energy and reset the object of our meditation, that is, what we think and care about. For example, a reset in our time involves spending time with the Word of God, that is, Jesus, in prayer and worship, as well as through the meditation of scripture, which is inspired by the Holy Spirit to teach, correct, rebuke, and train us in all righteousness ([II Timothy 3:16-17](#)). A reset in our thoughts involves thinking of things that are true, noble, just, pure, lovely, admirable, excellent, and praiseworthy ([Philippians 4:8](#)).

As we walk on this earth, it's quite easy to lose our eternal perspective of life. Keeping the Sabbath prompts us to bear the fruit of resetting our lives back to their optimum and uncorrupted settings, in which we can bear fruit and be pleasing to our Creator and Father. Let's pray together and meet tomorrow for a new facet of the fruit of the Sabbath.

Prayer:

Father Lord, we ask that today You will help us to break free of every darkness and conformity to this world. We invite Your Holy Spirit to come and pierce through the darkness through Your glorious light and reset our focus and attention towards You and Your will. In Jesus' name. Amen.

DAY 5: RENEWAL

A wise man once said: The only prayer that God desires from an unbeliever is the prayer of repentance, for no matter which other blessing he asks for, none of them will matter if in the end he misses out on eternal life in God's presence. This is why the first facets of the fruit of sabbath are about silencing the noise and busyness around us, returning to God, and reconciling with Him, and recalibrating our lives according to His holy yet gracious standards. But this is not the sole purpose of keeping the Sabbath and today we will discuss about renewal as a fruit of the Sabbath.

Accepting Christ as Lord and Savior of our life is a humongous step that only marks the beginning of an amazing journey. Will it be easy? Definitely not! As a matter of fact, Jesus guarantees us that we will face many trials and persecutions, but He also comforts us by reminding us that He went through and has overcome them. Therefore, so shall we!

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world. – John 16:33

Life brings many unexpected twists and turns, many which make us grow weary, to grieve, to despair, to lose faith, whether we know Christ personally or not. The blessed assurance that we have as believers is that we have a God who never leaves nor forsakes us, irrespective of how we feel.

Many are the afflictions of the righteous, But the LORD delivers him out of them all. – Psalm 34:19

A few days ago, we read in [Matthew 11:28](#) that Jesus promised to give rest to the weary, to lighten our burden. He also wants to refresh us, to let us drink from His living water to quench our weary and thirsty souls. Amidst every battle, every storm, every disappointment, and every heartbreak, He is with us and provides us with the strength to be more than conquerors. Sabbath is the perfect time for us to draw closer to Him and tap into this strength made available to us, and let the Holy Spirit renew and refresh us.

I will refresh the weary and satisfy the faint. – Jeremiah 31:25

Remember the stories of Job, Joseph, David, Paul, and the list goes on. Many of the great servants of God whose stories are captured in the Bible are stories of afflictions and troubles. But the common theme in all their lives is that they found rest in God and were refreshed and strengthened by Him. The greatest man to ever live, Jesus, was smitten by the sorrowfulness of the affliction of the cross to come in the garden of Gethsemane. We cannot begin to understand what Jesus endured for us: the afflictions of bearing our sin and becoming the recipient of the wrath of God, mockery and humiliation, separation from the Heavenly Father. Yet He endured all of it, looking

forward to the joy and the glory of resurrection that the Father would bestow upon Him. Jesus found His strength and rest for His sorrowful soul in the garden, by submitting to the will of the Father.

He was withdrawn from them about a stone's throw, and He knelt down and prayed, saying, "Father, if it is Your will, take this cup away from Me; nevertheless, not My will, but Yours, be done." Then an angel appeared to Him from heaven, strengthening Him.
– Luke 22:41-43

Now wherever in life you are and whatever you are going through, remember Jesus is with you. As the angels attended to Him and strengthened Him, Jesus today has given us His Holy Spirit, our Comforter and Helper. Maybe you do not understand the reason for this suffering, or this pain, it is perfectly fine. Understanding does not necessarily mean comfort. But as you keep the Sabbath, go on your knees before God and submit your situation into His hands. Stand on the assurance that He will meet you with His strength and grace. Let us therefore be refreshed by submitting every part of our lives into God's hands, and let our grieving, sorrowful souls find rest, joy, and peace in His comforting presence.

He gives strength to the weary and increases the power of the weak. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. – Isaiah 40:29-31

Prayer:

Father Lord, I come into Your presence with the assurance of Your word that You will refresh and renew my strength. I submit this affliction into Your hands, knowing You are sovereign over all and seeking Your grace and mercies upon it. Restore Your joy and peace into my weary and troubled heart, in Jesus' name I ask, Amen.

DAY 6: RELATIONSHIP

“It is not good for man to be alone”. You might have heard this verse ([Genesis 2:18](#)) being quoted at weddings, but it holds true for any kind of relationship, not only those between a husband and his wife. God did not design us to be individualistic beings, relationship and community are what He wants for us and though there are moments where He leads us into the wilderness to be alone with Him ([Hosea 2:14](#)), He does not want such times to last forever. Looking at Jesus’ life, during the Sabbath He was seldom alone. Instead, He spent most Sabbath days in the temple surrounded by people that He taught, healed, delivered, and celebrated with. Jesus enjoyed spending time with people, from intimate relationships like the one He had with His disciples to less intimate ones like when He was with crowds. He used every single occasion to minister to people and share the gospel of love to them, reconciling everyone who believed in his message to the Father. As a matter of fact, the theme verse for this devotional is a statement Jesus made on a Sabbath day, a few moments before healing a man with a withered hand ([Matthew 12:8-14](#)). By His actions and words, Jesus educates us all on what it truly means to keep the Sabbath. He demonstrates that it is not about blindly practicing one of the ten commandments, nor is it about avoiding work on a specific day from a specific time; it is and always has been about love and relationship: relationship to God, and to one another. It is about keeping the two greatest commandments, loving God and loving our brethren.

Teacher, which is the great commandment in the law?” Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets. – [Mathew 22:36-40](#)

Keeping the Sabbath only makes sense when its focus is on honouring God, and it can only be done properly through faith in Jesus. On day 3 of this plan, we talked about our relationship with God and how reconciliation with God was a fruit of the Sabbath. But our relationship with Him is not the only relationship He cares about. Therefore today, let’s explore relationship as a fruit of the Sabbath.

If someone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? – [I John 4:20](#)

A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples if you have love for one another. – [John 13:34-35](#)

It is quite hard, if not impossible to love someone you do not spend time with. Therefore, when God asks us to love one another as fellow disciples it involves spending time with one another, praying for one another and caring for one another

with genuine kindness and concern. Looking at the early Church, they met daily to listen to the teachings of the apostles, ate together, and had all things in common ([Acts 2:44-47](#)). When others saw that Jesus' disciples loved one another, they respected the disciples in fear, and the Lord added to their number daily. Discipleship by relationship. Do we want to see this happening again today?

Jesus has entrusted into our hands the ministry of reconciliation. Not that it is by our efforts that people are saved; they are saved through faith in Jesus. But how would they know about Him, His unconditional love, immeasurable sacrifice and crushing victory over sin and death if no one tells them? They won't! Jesus has reconciled the world to Himself, not imputing their trespasses. God is longing for these children bought by the blood of Christ to return to Him. And this will not happen without relationships at our workplaces, schools, neighborhoods involving believers sharing the Good News by their words and actions.

Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God. For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him. – II Corinthians 5:20-21

As the fruit of relationship grows in us, let us always remember that we are in the world but not of it. So, in all our relationships let us not be overcome by evil, but rather evil by good. Avoiding or criticizing people never made them change, loving them does. Let us choose to show love actively to our neighbor, not forgetting to love God above everything else so we will not be tempted to compromise for the sake of any human relationship. We are the light of the world, let us shine bright while remembering that we are pilgrims on this earth, returning to our Father, and taking as many of our brethren with us as we can!

“You are the light of the world. A city that is set on a hill cannot be hidden. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. – Matthew 5:14,16

Prayer:

Lord, forgive us if we neglect our relationship with You and with one another. As You who are love dwell in us, we ask that we may love You with our whole beings, and love our neighbors as ourselves, as You commanded us. May the world see that we are Your disciples, as we love You and we love one another. Thank You, Lord, for listening to our prayers. In Jesus' name, amen.

DAY 7: REJOICE

Congratulations! You made it to the last day! We hope that you have been blessed by this devotional and that the fruit of Sabbath is growing and will continue to grow in your life, as you learn to keep the Sabbath following Jesus' example. Today we will talk about the last, but certainly not the least facet of the fruit of Sabbath: rejoicing.

This is the day the Lord has made; We will rejoice and be glad in it. – Psalm 118:24

Indeed, whenever we decide to keep the Sabbath, we should remember that it is a day that the Lord has made for us to rejoice and be glad in it. Note that the reason why we rejoice is that it is the day that the Lord has made. The reason of our rejoicing is God, not us. Thus, it does not depend on our circumstances, our feelings, our mood, but on God alone. When God is inviting us to rejoice as we keep the Sabbath, He is reminding us once again to focus on Jesus alone. It is not about pretending we are happy despite our trials but rather truly finding our joy and comfort in Him amidst the trials. It is about reminding our souls that the God of the universe is for us and not against us, that He has won the battle and is victorious over all, and that in a little while He will deliver us from all evil. We rejoice not because of what our five senses tell us, but because of the hope in the glorious promise we have from the One who was, is and is to come! ([Revelation 1:8](#))

Rejoice in the Lord always. Again I will say, rejoice! – Philippians 4:4

Salvation is more than enough reason for us to rejoice and be thankful. After what Jesus has done on the cross, His resurrection and ascension to heaven to prepare a place for us, He did not have any obligation to heal or bless us. However, He finds pleasure in doing it because of His abounding love and mercies towards us. For such great love, aren't we thankful? None of our circumstances will separate us from His love!

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.” – Romans 8:38-39

How do we respond to His love? By celebration, by worship, by rejoicing! God is eternal; He has no beginning and no end. Our hardships are not eternal. Nothing is impossible for Him, and for us who believe in Him. Therefore, let's focus only on Jesus, giving Him all our praises and thanksgiving. Only then will we see Him: The Father who loves us so much; the One who fights before us and gives us victory!

“Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.” – Psalms 100:4

As you have probably noticed by now after reading this entire devotional, the focus of the Sabbath is Jesus. Keeping the Sabbath and experiencing its fruit of rest, reconciliation, reset, renewal, relationship, and rejoicing is not something that only happens in a day, but rather takes a lifetime. Though it is crucial to be intentional and take time off to seek the face of the Lord, it is important to remember that keeping the Sabbath is not only what we do during this special time off. It is a daily exercise we ought to perform to ensure its success. In the same way that a fruit doesn't appear on the day the seed is planted, the fruit of Sabbath requires intentionality, discipline, consistency, and total surrender to the Holy Spirit to be manifest in our lives. Therefore, let us keep our gaze transfixed on the Author and Finisher of our faith as He transforms us into His image and makes us bear fruit for His glory! Let us pray together.

Prayer:

Lord Jesus, I am sorry that often I am distracted by so many things and lose my focus on You. Please forgive me. Help me to always fix my heart and eyes only on you. I choose to rejoice in You, give you all the praise and worship You deserve, all the days of my life. Amen.



PRAYER
SPRING

