

## Sabbath

"But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the Lord's own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green." [Psalm 92:12-14]

"For thus the Lord God, the Holy One of Israel, has said, "In repentance and rest you will be saved, In quietness and trust is your strength." But you were not willing, And you said, "No, for we will flee on horses." [Isaiah 30:15-16 (NASB)]

"Hurry is not just a disordered schedule, hurry is a disordered heart." [John Ortberg]

### Psalm 92

A psalm. A song to be sung on the Sabbath Day.

"It is good to give thanks to the Lord, to sing praises to the Most High. It is good to proclaim Your unfailing love in the morning, Your faithfulness in the evening." [Psalm 92:1-2]

#### 1. Pause for a day to be grateful.

"It was very good... So God blessed the seventh day and made it holy, Because on it God rested from all His work He had done in creation." [Genesis 1:31, 2:3]

#### 2. Pausing helps us remember the love and faithfulness of God.

But You have made me as strong as a wild ox. You have anointed me with the finest oil." [Psalm 92:10]

**3. Pausing gives us fresh anointing.**

"They shall still bear fruit in old age; They shall be fresh and flourishing." [Psalm 92:14]

**4. Pausing will keep us flourishing in body and soul.**

Sabbath keeps:

Body from wearing out

Soul from burning out

Spirit from tuning out

"But during the seventh year the land must have a Sabbath year of complete rest. It is the Lord's Sabbath. Do not plant your fields or prune your vineyards during that year."  
[Leviticus 25:4]

Does God care more about the dirt than He does about you?