

X

E

W

Sabbath: Returning to the Rest

By: Yorai Yahu

Why it's important

- Ezekiel 43:1–2 “Then he brought me to the gate, even the gate that looks toward the east: And, behold, the glory of the Alahim of Yisra’el came from the way of the east...”
- Ezekiel 44:1–2 “This gate shall be shut... because Alahim... has entered in by it, therefore it shall be shut.”
- Ezekiel 46:1 Thus saith YAHUAH Alahim: The gate of the inner court that looketh toward the east shall be shut the six working days, but on the Sabbath it shall be opened, and on the day of the new moon it shall be opened

Opening Scripture

Genesis 2:2–3

Alahim rested,
blessed, and
sanctified the
seventh day

Let's talk

What does “rest”
mean to you right
now physically,
mentally, spiritually?

Do you actually feel
rested... or just
paused?

What is Sabbath?

More than rest:

Stop + Return + Align

Leter Breakdown

W Teeth / Consume / Press

𐌺 House / Inside / Family

𐌲 Mark / Covenant / Sign



X



E



W

Paleo Hebrew:

Shin – Consume

Bet – House

Taw – Covenant Mark

Meaning of Shabbat

1

Enter covenant

2

Cease from
destruction

3

Return to
alignment



Discussion

What is currently
“consuming” you
during the week?

What would it look
like to step into the
house instead of
being consumed?



Psalm 122:1

I was glad when they said
unto me, Let us go into the
house of the YHWH.



Proverbs 21:16

- The man that wandereth out of the way of understanding shall remain in the congregation of the dead.

Shâbath H7673

“To press into the house marked by covenant”



Sabbath is Not Just Rest — It is Return

Sabbath = Return to: Order

Alignment

Covenant

Isaiah

30:15

For thus saith YAHUAH Alahim, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Shub H7725

ש

י

ו

To return

Sabbath = returning to order

Shub

-  To reconnect Υ to the house  from what is consuming you $\mathbb{W}$  “To turn back into alignment with where you belong”  “To leave what is destroying you and return to covenant”

Spiritual Concept

Shub is not just: Saying
sorry Feeling bad

It is movement

It is directional change

It is realignment

Connection
to Sabbath

Now tie it
together: Shub
Return

Shabbat → The
appointed time
to return

-
- You can't truly keep Sabbath if you don't Shub.  Sabbath is the space...
Shub is the action.

Creation Principle

Before Sinai
Before commandments
written on stone
Built into creation

Sabbath established
before law

More Than A Commandment

Sabbath is not just commanded it is designed

Genesis

2:2-3

² And on the seventh day Alahim ended his work which he had made; and he rested on the seventh day from all his work which he had made. ³ And Alahim blessed the seventh day, and sanctified it: because that in it he had rested from all his work which Alahim created and made.

Discussion

If Alahim modeled rest, what does that say about ignoring it?

Covenant
Sign
“It is a
sign
between
Me and
you...”

Exodus 31:13

Ezekiel 20:12

Sabbath = identity
marker

Discussion

What does it mean to carry a sign that identifies you?

If Sabbath is the sign... what happens when it's missing?

Exodus 20:8

Remember the
sabbath day, to
keep it holy.

What Does “Keep It Holy” Mean?

Qadash (Set Apart)

H6942

- To consecrate
- Sanctify
- Prepare
- dedicate
- be hallowed
- be holy
- be sanctified
- be separate

Set apart = distinguished, separated, marked

Keep it Holy

Separate from:

- Work
- Buying & selling
- Chaos

Set apart for:

- Worship
- Stillness
- Alignment

Nehemiah 13:15–18

¹⁵ In those days saw I in Judah *some* treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all *manner of* burdens, which they brought into Jerusalem on the sabbath day: and I testified *against them* in the day wherein they sold victuals. ¹⁶ There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem. ¹⁷ Then I contended with the nobles of Judah, and said unto them, What evil thing *is* this that ye do, and profane the sabbath day? ¹⁸ Did not your fathers thus, and did not our Alahim bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the sabbath.



1. What modern habits quietly break Sabbath without us noticing?
2. Has convenience replaced obedience?

Discussion

The Spiritual Principle Behind Sabbath



Without Sabbath:

- Survival mode
- Constant production
- Spiritual disconnection

With Sabbath

- Being over doing
- Trust over control
- Alignment over chaos

Spiritual Impact



- Without Sabbath: burnout
- With Sabbath: restoration

Exodus 23:12

12 Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be **refreshed**.

Naphash (H5314)

- To breathe
- To be restored
- To refresh oneself

Discussion

When was the
last time your
soul not just your
body felt
restored?

Sabbath
as Trust
(Provision
Test)

Exodus 16 (Manna)

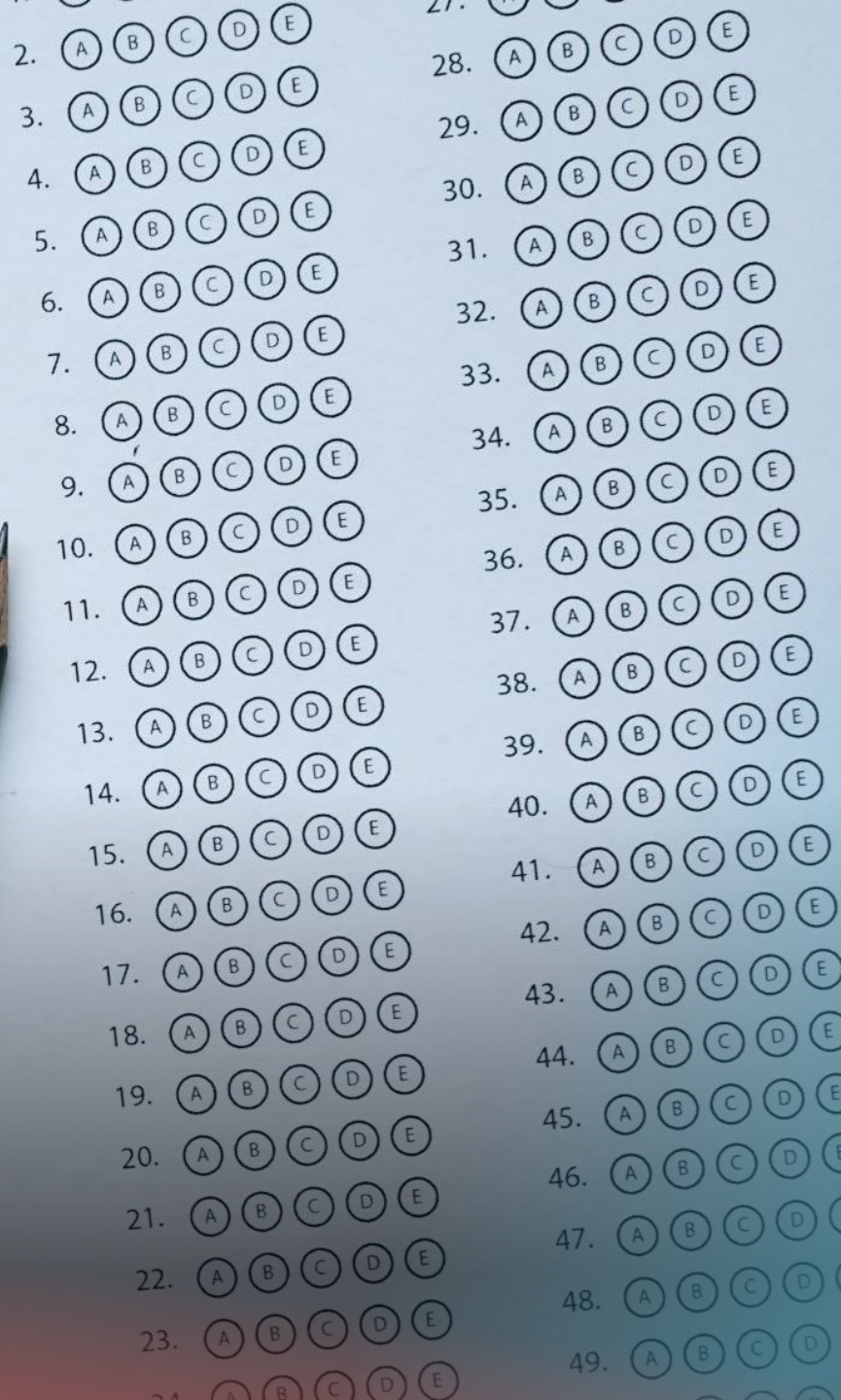
Double portion before
 None on Sabbath

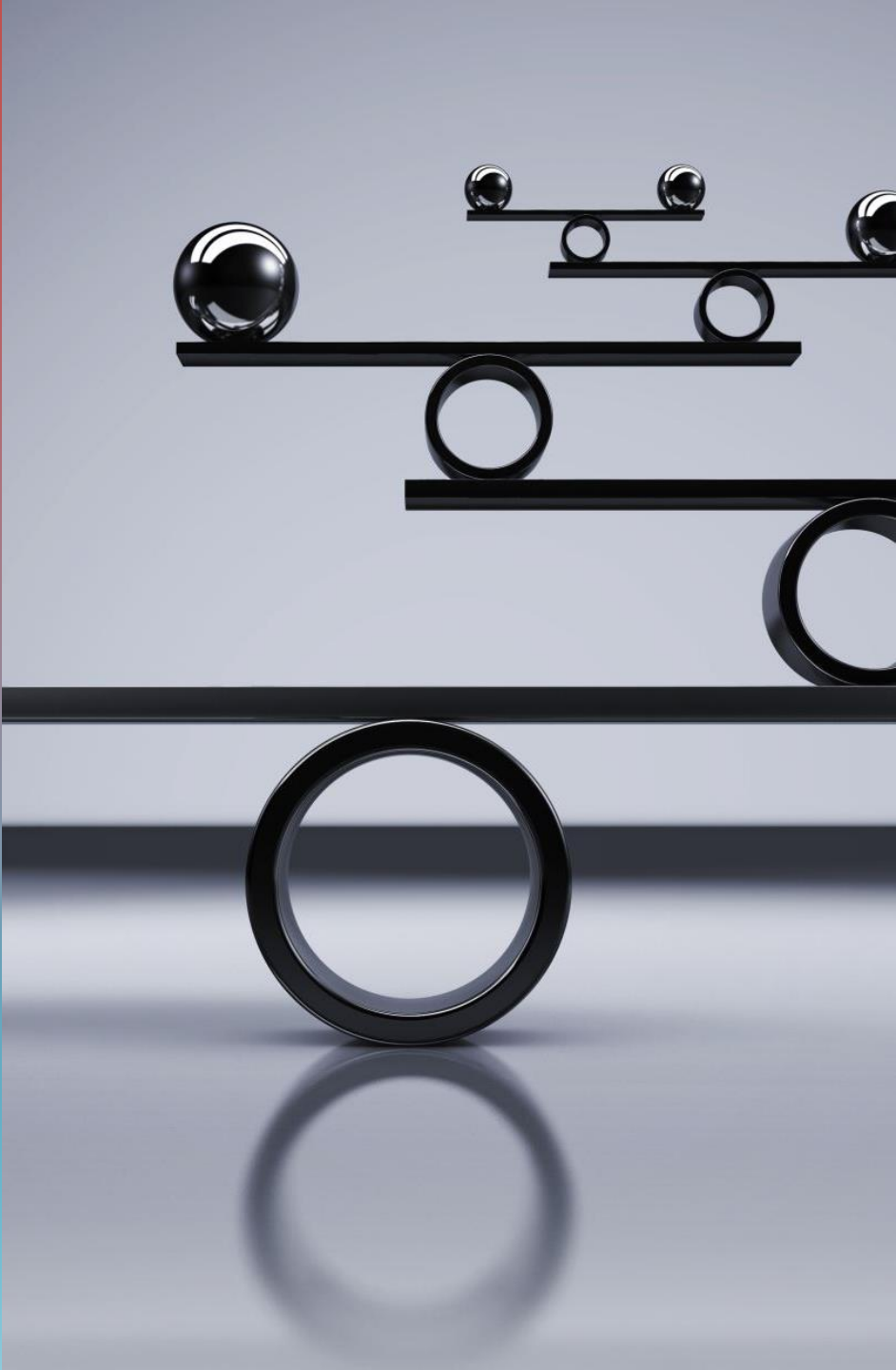
Revelations 2:17 (Hidden
Manna)

Romans 8:37-39

Trust Test

Provision comes from Alahim





Principle

Sabbath reveals:

Trust vs striving

Belief vs fear

Discussion

What are you afraid
will happen if you
truly stop?

What “manna” are
you trying to gather
daily instead of
trusting?



Deuteronomy

5:15

And remember that thou wast a servant in the land of Egypt, and that the Yahuah thy Alahim brought thee out thence through a mighty hand and by a stretched out arm: therefore Yahuah thy Alahim commanded thee to keep the sabbath day.

Sabbath and Freedom

Sabbath =
freedom from
slavery mindset

Discussion

Can someone be free physically but still live like a slave mentally?

How does overworking mirror bondage?

Isaiah 58:13–14

13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of Yahuah, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou **delight** thyself in Yahuah; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of Yahuah hath spoken it.

[Delight] Oneg H6027

exquisite delight, daintiness, delight, pleasantness

H6026 ânag

- be soft, be delicate, be dainty
to be delicate
to be of dainty habit,
- be pampered
to be happy about,
- take exquisite delight
to make merry over,
- make sport of

Discussion

Why do people experience Sabbath as restriction instead of joy?

What would make Sabbath feel like restoration for you?

Mark 2:27

And he said unto them, The sabbath was made for man, and not man for the sabbath:

Mashiac and Sabbath Alignment

Luke 13:15–16
Healing took
place on Sabbath

Restoration is
lawful

Discussion

Where is the balance between resting and doing good?

Can helping others be part of keeping Sabbath?

Matthew 12:11

¹¹ And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift *it* out? ¹² How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.

Sabbath and Eternal Rhythm

Hebrews 4:9–11

“There remains a rest...”

Isaiah 66:23

“From Sabbath to Sabbath...”

Sabbath Keeping

Before Sabbath

- Prepare
- Finish work
- Set atmosphere

During Sabbath

- Rest
- Study
- Pray
- Connect

Avoid

- Buying/selling
- Work
- Distractions

Reflection

What do you
need to lay
down?

What will you
return to?

Final Takeaway

Sabbath = Stop + Return + Align

-
- An abstract composition of various geometric shapes. In the top left, there is an orange right-angled triangle pointing right. To its right is a teal semi-circle. Below the triangle is a teal circle. In the center is a large red semi-circle. To the right of the red semi-circle are two vertical purple bars. In the bottom left is a large red circle. To its right are several small purple curved lines. In the bottom right is an orange square.