

# DELIGHT OF SABBATH

Pastor John Cabello | Hope Collective

As we gather today, let's delve into the delight of Sabbath, a concept that has been with us since the dawn of time, a concept that invites us to pause, introspect and rejuvenate. A concept that is deeply rooted in the understanding of God's word and our connection with it. To delve deep into this topic, let's start with a passage from the scripture.

## Understanding the Delight of Sabbath

In the book of Matthew 13:23, it is said "But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty." So, what is this good soil? It's the soil of a rested soul, a soul that has found peace in the understanding of God's word.

## Significance of Sabbath in Scripture

Christ's reference to good soil was understood as Sabbath rest by his audience. As per Leviticus 25:3-4, "Six years you shall sow your field, and six years you shall prune your vineyard, and gather in their yield; but in the seventh year there shall be a sabbath of complete rest for the land, a sabbath for the Lord: you shall not sow your field or prune your vineyard." This signifies the importance of rest, not just for the land, but for us as well, for our souls to rejuvenate and delight in God.

## Delighting in Sabbath: God's Call

In Isaiah 58:13-14, it is beautifully put, "Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!" This is clear indication of how the Lord intends us to spend our Sabbath - in his delight.

## Rest and Delight in Christ's Yoke of Sabbath

In Matthew 11:28-30, Jesus invites us saying, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy,

and my burden is light." It's a call to allow our souls to rest and delight in Christ's yoke of Sabbath.

## Delighting in Sabbath: A Spiritual Perspective

Delighting in Sabbath can be achieved in various ways. Firstly, immerse yourself in God's word. Read your Bible and learn from Jesus. Secondly, find delight in silence and solitude. Take 15 to 30 minutes to be alone with God. Lastly, find joy in God's creation - go for a walk, ride a bike, or just be outside.

## Delighting in Sabbath: A Practical Perspective

From a practical perspective, delighting in Sabbath can be achieved by being intentional in preparing for the delight of doing nothing. This can be done by planning your day, doing things you enjoy, having a good meal, spending time with family and community, or just