

Selected Scriptures Related to Sabbath

Genesis 1: 29- 2:4 (NRSV)

2: 1-4: Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that God had done, and God rested on the seventh day from all the work that God had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that God had done in creation. These are the generations of the heavens and the earth when they were created.

Exodus 20: 1-21 (NRSV)

20: 8-11: Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work- you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Psalm 37: 7 (NRSV)

Be still before the LORD, and wait patiently for him;
do not fret over those who prosper in their way, over those who carry out evil devices.

Psalm 46: 10a (NRSV)

Be still, and know that I am God!

Psalm 127: 2 (NRSV)

It is in vain that you rise up early and go late to rest,
eating the bread of anxious toil, for he gives sleep to his beloved.

Matthew 11: 28-30 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me- watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Mark 2: 23-28 (NLT)

²³ One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. ²⁴ But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

²⁵ Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? ²⁶ He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath!”

Luke 4: 16-23 (NRSV)

¹⁶ When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

¹⁸ “The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.

He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to set free those who are oppressed,

¹⁹ to proclaim the year of the Lord’s favor.”

²⁰ And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. ²¹ Then he began to say to them, “Today this scripture has been fulfilled in your hearing.” ²² All spoke well of him and were amazed at the gracious words that came from his mouth. They said, “Is this not Joseph’s son?” ²³ He said to them, “Doubtless you will quote to me this proverb, ‘Doctor, cure yourself!’ And you will say, ‘Do here also in your hometown the things that we have heard you did at Capernaum.’”