

Questions About How to Keep the Sabbath

By Pastor Ed Anderson

So I tried for the first time to honor the Sabbath according to the Light I've received from listening to the teaching of Pastor Ed Anderson.

I was very happy and excited to do this for the first time. I lasted about a half an hour before I realized I have no idea what I'm doing. I don't know how to keep the Sabbath day Holy.

I sit down to eat and thought, I'm glad that my wife made food earlier in the week. I started to resume watching a movie and thought to myself. I shouldn't do this because it's the Sabbath. So I figured I will learn and listen to the Word of God instead. Seemed like a good idea, but I do this all the time on every other day of the week. I asked myself, how is this different from any other day. So I decided, I don't know how to obey God and honor the Sabbath. So I thought, I'm so woefully ignorant that the best course of action is to go to sleep and maybe I can keep myself from disobedience to the Lord's command to honor the Sabbath by simply being still and get rest. That lasted about 10 minutes, and I got out bed thinking this can't be right either. So I thought I will listen to Pastor E Anderson teach and preach.

This is as far as I made it on trying to keep the Sabbath. I don't know how to keep the Sabbath.

Answer:

Hey Harvey,

First of all, I just want to say **thank you** for being so open, honest, and eager to follow God. What you shared moved me deeply—because what you're describing is exactly what *learning to walk with God* looks like: not perfection, but a heart that says, "*Lord, teach me.*"

And Harvey—you *kept* the Sabbath more than you realize.

The Sabbath Is About Relationship, Not Just Rules

Jesus said,

“The Sabbath was made for man, not man for the Sabbath.” — *Mark 2:27*

That means the Sabbath isn’t a burden or a test—it’s a **gift** from God. It’s His special **24-hour invitation to reconnect** with Him and rediscover what life was always meant to be.

Here’s How You Honored the Sabbath:

- You **paused** your regular work.
- You **reflected** on what pleases God.
- You **listened** for His voice.
- You **chose** worship over worldly distractions.
- You even *wrestled* with the right thing to do—just like Jacob wrestled with the angel until he was blessed.

That’s called **growing**.

What Does It Mean to “Keep the Sabbath Holy”?

Holiness simply means **set apart**. God made the seventh day holy (Genesis 2:3), and now invites us to treat it differently than the rest.

So here’s a simple guide to get you started:

WHAT TO EMBRACE:

1. **Rest from ordinary work** – It’s a day to lay down your tools and say, “*God is my provider.*”
2. **Worship & the Word** – Spend time in prayer, singing, studying Scripture, or watching messages that uplift.
3. **Fellowship** – Be with other believers, in person or online, sharing spiritual encouragement.
4. **Nature & beauty** – Go for a walk. Reflect on God’s creation. It speaks of His power and love.
5. **Family time** – Engage in meaningful conversation. Play music. Laugh together. Talk about God’s goodness.
6. **Acts of mercy** – Jesus healed and helped people on the Sabbath (see Luke 13:10-17). It’s okay to do good.

WHAT TO AVOID:

1. **Buying and selling** – See Nehemiah 13:15-22. It’s not a day for consumerism.

2. **Entertainment that distracts** – If it draws you away from God’s presence, it’s best saved for another day.

3. **Regular work or business** – Unless you’re doing essential service (healthcare, etc.), step away from labor.

4. **Legalism** – The Sabbath isn’t a checklist. It’s a relationship. Avoid falling into guilt or comparison.

SABBATH IS A LOVE LANGUAGE

God isn’t asking for performance—He’s asking for **presence**.

He’s saying, *“Let’s stop the world for a day. Let Me refill your soul. Let’s walk together like we did in Eden.”*

Even when you “failed,” you were **thinking about God**, seeking His will, desiring to please Him.

That’s the essence of what David prayed:

“Search me, O God, and know my heart... Lead me in the way everlasting.” — Psalm 139:23-24

NEXT STEPS

Let’s keep growing together. Try this next Sabbath:

1. **Prepare on Friday** – Make meals ahead, clean up, tie loose ends.
2. **Welcome the Sabbath with prayer or a song** – Just before sundown.
3. **Watch or read a devotional** – Start with a sermon or passage from Psalms or the Gospels.
4. **Schedule time with God** – A walk, a nap, a prayer journal, or just silent reflection.
5. **Join a Sabbath group or service** – Online or in person (I’ll send you some links if you want!).

Final Word of Encouragement:

You’re not failing—you’re just beginning.

God isn't angry with you—He's *smiling* because you're turning your heart toward Him. You don't need to have it all figured out. Just keep showing up, Sabbath after Sabbath, and I promise you'll feel God's joy more and more.

If you keep your eyes on **Jesus**, He will teach you how to rest, worship, and walk with Him in peace.

You're not alone.

Let's keep learning together.

— **Pastor Ed**