

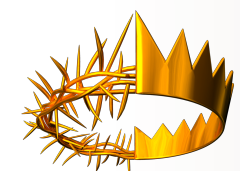


The Sanctuary in Time: Safeguarding the Sabbath

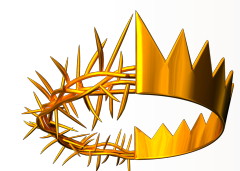
MODULE 5

LEARNING OBJECTIVES

To shift the participant's view of the Sabbath from a day of restriction to a "sanctuary in time" and provide practical methods for preparation and delight.



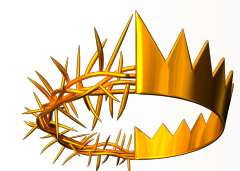
THE "CATHEDRAL IN TIME"



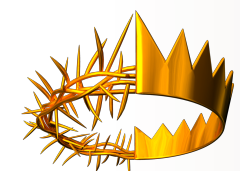
- **The Concept:** Most sanctuaries are made of stone and wood (space). The Sabbath is a sanctuary made of minutes and hours (time).
- **The Shift:** In the wilderness, the Sanctuary localized God's presence. The Sabbath democratizes it—it is a portable palace that follows you wherever you are.

Key Idea: Before God ever asked for a Tabernacle, He gave humanity the Sabbath (Genesis 2). It is the temporal equivalent of the "Most Holy Place."

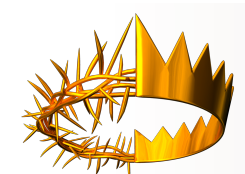
The "Cathedral in Time"



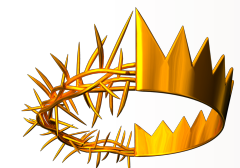
SABBATH AS RESISTANCE



- **The Pharaoh Mindset:** In Egypt, slaves never rested. Their worth was their bricks-per-day.
- **The Act of Defiance:** Resting is an act of spiritual defiance against the "anxiety of endless production." It declares that our value is based on being God's child, not having a high output.
- **Stewardship:** Sabbath is the ultimate act of time management. It is not about "squeezing more in," but "surrendering time back to the Creator."



THE PREPARATION DAY PRINCIPLE

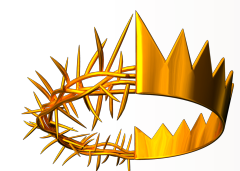


- **Guarding the Edges:** A sanctuary has walls; the Sabbath has "edges." If you don't guard the edges, the center collapses.
- **Avoiding the "Frantic Friday":** Discuss the logistical vs. the liturgical. Preparation isn't just "doing chores"; it's "cultivating anticipation."

Strategy Breakdown:

- **Rhythmic:** Finish major tasks by Thursday; resolve emotional stress before sunset.
- **Liturgical:** Layout clothes, prepare special meals, and use music to "signal" the transition.
- **Digital:** Create a "Technological Sunset."

The Preparation Day Principle



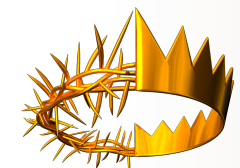
REDEEM THE TIME 30

BRITISH UNION CONFERENCE | STEWARDSHIP DEPARTMENT



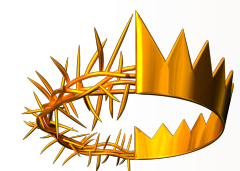
GOD FIRST
ADVENTIST STEWARDSHIP MINISTRIES

FROM RESTRICTION TO DELIGHT

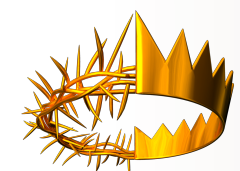


- **Oneg (Deep Joy):** Isaiah 58:13 calls the Sabbath a "delight." It is an immersion into truer life.
- **Practicing Delight:**
 - * **Nature:** Re-enchanting creation (nature walks, silence).
 - * **Community:** Shared meals and intergenerational fellowship.
 - * **Sacred Reading:** Savouring Scripture (Psalms/Poetry) rather than just "studying" it.

From Restriction to Delight

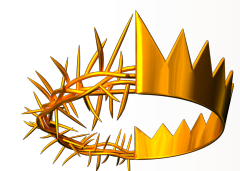


CONCLUSION: BEING VS. DOING



- **Ontology over Ethics:** Sabbath addresses who we are before what we do.
- **Final Thought:** God didn't rest because He was tired, but because creation was complete. We rest because His grace is sufficient.
- **Closing Prayer:** Ask for the "Sanctuary Consciousness"—the ability to dwell in time with God.

Conclusion





Clayton Maurede