

KEEPING THE SABBATH HOLY FOR WORKING MOMS

Michelle Myers

All quotes are from Michelle Myers unless otherwise noted.

Romans 14

Paul acknowledges that each side has come to their personal convictions out of their love for the Lord and recognizes that God is powerful enough to guide each of His children and having

Jesus in common is all that's required for us to pursue unity.

Galatians 2

Peter's actions are driven out of the fear of man, NOT out of conviction by God.

Paul addresses the food issue with Peter this time because it has become a gospel issue.

Where the Bible draws a clear line, show courage. Where the Bible does not draw a clear line, show caution. - Bruce Frank

When How You Handle the Sabbath May Link back to a Gospel Issue

- If my identity is in my work and not Him
 - "It's hard for me to take a day off because my work is who I am"
- If my affections are in my work and not for Him
 - "I love my work more than I love God"
- If my security is in my work and not Him
 - "I trust my job to provide for me more than I trust God to be my Provider"

In non-gospel issues, they are a manner of personal conviction. Ask the Holy Spirit to guide you, and as you grow in Him, your convictions may change.

Discipline vs. Legalism

- Be disciplined in the pursuit of Sabbath without being legalistic of how Sabbath has to be done
- How we Sabbath can look different – as long as the gospel isn't compromised in how or why we observe it.

Michelle's Sabbath Journey:

- Step 1: Trust Me with 1/7th of your personal productivity.
- Step 2: Don't Sabbath out of duty. Delight in My presence.

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*“If because of the Sabbath, you turn your foot
From doing your own pleasure on My holy day,
And call the Sabbath a delight, the holy day of the Lord honorable,
And honor it, desisting from your own ways,
From seeking your own pleasure,
From speaking your own word,
Then you will take delight in the Lord,
And I will make you ride on the heights of the earth;
And I will feed you with the heritage of Jacob your father,
For the mouth of the Lord has spoken.”
- Isaiah 58:13-14*

Step 3: One day of Sabbath isn't enough. Put a little Sabbath in every day.

“But seek first the kingdom of God and His righteousness, and all these things will be added to you.” – Matthew 6:33

Do you plan for a Sabbath?

Just as you plan your work, plan your Sabbath.

- Ask for help.
- Get out of bed.
 - Rest for me comes in two forms: sleep and solitude.
- Prioritize it
 - Usually “I don’t have time” isn’t a real excuse. It’s that we don’t make time. We spend our time other places.

Do you have one day that looks different from the rest?

In the Bible, the language actually conveys that six days you work and one day you rest. And ours typically look like five days we work and we have rest over two days – and yet, we have a harder time giving God one day.

Church is God’s Plan A.

At swHw, we want to partner with and strengthen the Church, we never want to compete with it.

And over time, attending church may begin to feel like it’s not enough, instead of thinking attending church isn’t the answer, I’d encourage you to lean toward serving your church.

Find a way to make that church community part of your Sabbath.

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Your Sabbath will look different because our work looks different.

When I don't make the effort to make my Sabbath look different, I struggle.

We were created to depend on God. We were created with limits.

When we don't make efforts to recognize our limits, instead of recognizing our need for God, my actions say that I would rather be God.

When you work for a godly purpose, you will be tempted to push beyond your personal limits – with pure intentions. Pure intentions but missing the big picture. He's God. He can. And you don't have to be working for Him to be at work.

Heaven will only be about who Jesus is and what Jesus did forever.

One day, Sabbath will be every day.

1. What does a normal day look like for you – so what does that mean for your Sabbath?

- Set an alarm – on my Sabbath, I don't
- Work out – on my Sabbath, I don't
- Scheduled Bible reading + prayer – still happens, but not always at the same time.
- Quick breakfast on your own – on my Sabbath, we try to eat breakfast as a family.
- Many hours in my office – on my Sabbath, I'm not
- Phone nearby most of the day – on my Sabbath, it's not
- Every hour, mostly planned with a to-do list – on my Sabbath, it's not
- Mostly indoors – weather permitting, outdoors as much as possible
- Usually cook healthy dinner – eat out, takeout or cereal
- Bedtime routine – usually don't hit bedtime

2. What plans do you need to make to be able to have some form of Sabbath?

- Whose help do you need?
- What conversation do you need to have?

When we are reminded of the limits we have, we are also reminded that God is limitless.

Whatever pushes us to be reminded of our dependence on God and who God is, is a good thing.