ORGANIC JESUS

DISCOVER HIS HEBREW ROOTS & UNLEASH BLESSINGS.

THE BIBLICAL GIFT OF

SABBATH

A DAY TO REST, WORSHIP, AND BE WITH GOD

"Remember the sabbath day, to keep it holy."
EXODUS 20:8 (KJV)

IT'S NOT A RULE IT'S A GIFT FROM GOD.



WHAT IS SABBATH?

The Sabbath is the seventh day (Shabbat), set apart by God as a holy day of rest. It is a time to stop our work, remember our Creator, spend time with family, worship Him, and enjoy His blessings.

"And God blessed the seventh day, and sanctified it."
GENESIS 2:3 (KJV)

HOW TO HONOR SABBATH

1. **PREPARE**
   Finish your work and get ready before sunset on Friday.
2. **SET APART**
   Make it a special time for God and family.
3. **WORSHIP**
   Read Scripture, pray, and praise God.
4. **SPEND TIME TOGETHER**
   Enjoy meals, conversation, and meaningful moments.
5. **REST FROM THE WORLD**
   Turn off the distractions and be present.
6. **ENJOY GOD'S CREATION**
   Take a walk, appreciate His beauty, and give thanks.

WHY SABBATH MATTERS

- It reminds us that God is our Creator. (Exodus 20:11)
- It gives us rest for our bodies, minds, and spirits.
- It strengthens our families.
- It helps us focus on what truly matters.
- It is a sign of our love and obedience to God. (Isaiah 58:13-14)

"The sabbath was made for man, and not man for the sabbath."
MARK 2:27 (KJV)

A BLESSING FOR YOUR FAMILY

When you honor the Sabbath, you are choosing what is best—for you, for your children, and for generations to come.

"If ye love me, keep my commandments."
JOHN 14:15 (KJV)





GOD'S TIMING IS PERFECT.
TRUST. OBEY. REST. REJOICE.