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# RHYTHM

*(Striking the right balance between WORK and REST)*

**(SERIES: Chasing Balance: 04 of 07)**  
by Dr. David Foster

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"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And **God blessed the seventh day and made it holy**, because on it he rested from all the work of creating that he had done." (Gen 2:1-3, NIV)

"Remember the Sabbath day by keeping it holy. **SIX DAYS YOU SHALL LABOR AND DO ALL YOUR WORK**, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in **six days** the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. **Therefore the LORD blessed the Sabbath day** and made it holy." (Exo 20:8-11, NIV)

**Without sacred spaces life seems . . .**

**More like an *existence*.**

"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the **abundance** of his possessions.'" (Luke 12:15, NIV)

**More like a *treadmill*.**

"Rest in the Lord; wait patiently for him to act. Don't be envious of evil men who prosper." (Psa 37:7, TLB)

**More like *noise*.**

"**Be still**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." (Psa 46:10, NIV)

## Understanding the Sabbath principle

**It is not a *particular day*.**

"Very early on the **first day** of the week, just after sunrise, they were on their way to the tomb" (Mark 16:2, NIV)

**It is not a *religious straight-jacket*.**

"**Do no work** on that day, because it is the Day of Atonement, when atonement is made for you before the LORD your God. Anyone who does not deny himself on that day must be cut off from his people. I **WILL DESTROY FROM AMONG HIS PEOPLE ANYONE WHO DOES ANY WORK ON THAT DAY.**" (Lev 23:28-30, NIV)

**It is a *gift*.**

"But the Sabbath was made to benefit man, and not man to benefit the Sabbath. And I, the Messiah, have authority even to decide what men can do on Sabbath days!" (Mark 2:27-28, TLB)

**It is a *reflection of reality*.**

"God saw all that he had made, and it was very good. And there was evening, and there was morning--the sixth day." "Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And **God blessed the seventh day and made it holy**, because on it he rested from all the work of creating that he had done." (Gen 1:31; 2:1-3, NIV)

"There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance," (Eccl 3:1-4, NIV)