
Exodus 13:17-18 (New Living Translation)

When Pharaoh finally let the people go, God did not lead them along the main road that runs through Philistine territory, even though that was the shortest route to the Promised Land. God said, "If the people are faced with a battle, they might change their minds and return to Egypt." So God led them in a roundabout way through the wilderness toward the Red Sea.

The Tests:

1. Trust Him in the chaos
2. Remove the bitterness
3. He provides, we gather

Exodus 16:21-29 (New Living Translation)

After this the people gathered the food morning by morning, each family according to its need. ... On the sixth day, they gathered twice as much as usual—four quarts for each person instead of two. Then all the leaders of the community came and asked Moses for an explanation. He told them, "This is what the Lord commanded: Tomorrow will be a day of complete rest, a holy Sabbath day set apart for the Lord. So bake or boil as much as you want today, and set aside what is left for tomorrow." So they put some aside until morning, just as Moses had commanded. And in the morning the leftover food was wholesome and good, without maggots or odor. Moses said, "Eat this food today, for today is a Sabbath day dedicated to the Lord. There will be no food on the ground today. You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day." Some of the people went out anyway on the seventh day, but they found no food. The Lord asked Moses, "How long will these people refuse to obey my commands and instructions? They must realize that the Sabbath is the Lord's gift to you."

Sabbath – To cease from the routine

Isaiah 58:13-14 (New International Version)

"If you keep your feet from breaking the Sabbath from doing as you please on my holy day, if you call the Sabbath a

delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob." For the mouth of the Lord has spoken.

1. The Sabbath is distinct

Genesis 2:2 (English Standard Version)

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.

2. Sabbath is a command

Exodus 20:8 (English Standard Version)

"Remember the Sabbath day, to keep it holy.

We Sabbath so we can work. We don't work so we can Sabbath

3. The Sabbath honors God

Proverbs 16:18 (The Message)

First pride, then the crash—the bigger the ego, the harder the fall.

4. The Sabbath has Supernatural benefits

Psalms 92:1,2,10,14-15 (English Standard Version)

A Psalm. A Song for the Sabbath.

It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre...But you have exalted my horn like that of the wild ox; you have poured over me fresh oil....They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.