

WEEK 3 – SACRED TIME: WHEN GOD FILLS A DAY

Anchor Text: Genesis 3:1–10; Exodus 20:8–11; Deuteronomy
5:12–15

This week explores love protecting relationship through sacred time. Sabbath is God’s weekly invitation to re-enter the rest He gave at creation, even after humanity walked away in Genesis 3. When Adam and Eve chose the fruit, they stepped out of trust and into shame, fear, hiding, and restlessness. Yet God still came looking for them in the garden. In Exodus 20, Sabbath points us back to creation; in Deuteronomy 5, Sabbath points us back to redemption. Both reveal the same God: the One who created us in love, pursued us after our fall, redeemed us from bondage, and still invites us to rest in Him.

Week 3 DAY 1 – The Rest We Were Given

Scripture

Genesis 2:1-3

Reflection

Before there was sin, shame, fear, or striving, there was rest.

God finished His work of creation and blessed the seventh day. Then humanity entered its first full day not with labor, but with presence. Adam and Eve did not begin their existence by proving themselves useful to God. They began by receiving from Him.

This matters because Sabbath was not first given to exhausted sinners. Sabbath was built into the goodness of creation itself. Rest was part of God's original design.

It was not an afterthought. It was not a reward after enough work had been done. It was not merely a recovery plan for tired bodies. Sabbath was a space where love could be enjoyed. It was God giving humanity time to receive His presence, delight in His world, and remember that life begins with Him.

But Genesis 3 shows that humanity chose another way. In reaching for the fruit, Adam and Eve stepped outside trust. They believed the lie that God was withholding something good from them. They left the rest of trust and entered the restlessness of suspicion, shame, and fear.

And still, God came looking.

That is the love behind Sabbath. Sabbath keeps calling us back to the rest we were made for.

Sit With This

Where have you experienced the restlessness that comes from distrust?

Prayer

Creator God, thank You for giving rest before we ever earned anything. Help me return to the trust You intended from the beginning. Teach me to receive Sabbath as an invitation back to the rest Your love provides. Amen.

Practice

Take a few quiet minutes today to remember this truth: rest was part of God's original gift, not a burden added later.

WEEK 3 DAY 2 – When We Walked Away

Scripture

Genesis 3:1–10

Reflection

The fall was not merely the breaking of a rule. It was the breaking of trust.

Adam and Eve listened to a voice that questioned God’s goodness. They began to wonder whether God was holding something back. They reached for the fruit, and in doing so, they stepped away from the rest of trusting God’s love.

The result was immediate.

They saw their nakedness. They felt exposed. Shame entered the human story. Fear entered their relationship with God. The people who had once lived openly before Him now hid among the trees.

That is what sin does. It makes us hide from the One who loves us most. But then comes one of the most beautiful movements in Scripture: God came looking.

He did not abandon them in shame. He did not leave them hiding. He came into the garden and called, “Where are you?”

That question was not because God lacked information. It was the voice of love pursuing the ones who had walked away.

Sabbath reminds us of this pursuing love. Every week, God calls His people out of hiding, out of striving, out of shame, and back into relationship. Despite our rejection of God, God did not reject us.

Sit With This

Where are you tempted to hide from God instead of coming honestly before Him?

Prayer

Father, thank You for coming after humanity in the garden. Thank You for coming after me when I hide. Help me trust that Your voice is not calling me to shame, but inviting me back into relationship. Amen.

Practice

Pray honestly today about one place where shame or fear has made you want to hide.

WEEK 3 DAY 3 – Remember Creation

Scripture

Exodus 20:8–11

Reflection

When God gave the Sabbath commandment in Exodus 20, He grounded it in creation. “For in six days the Lord made the heavens and the earth...”

In other words, Sabbath is a weekly return to the beginning. It calls us back to the God who created from love, filled the world with abundance, and gave humanity rest before labor.

This is important because we forget.

We forget that God is Creator. We forget that we are creatures. We forget that our worth is not measured by endless productivity. We forget that the world keeps turning even when we stop working. We forget that God is sustaining what we cannot control.

Sabbath interrupts that forgetfulness. It reminds us that we did not make ourselves, save ourselves, or sustain ourselves. We belong to the God who made the sun warm, the grass gentle, the flowers colorful, and humanity beloved.

Exodus 20 calls us back to creation’s rest. Not simply to remember a day, but to remember the God who filled that day with His presence.

Sabbath says every week:

You are not God.
You are not a machine.
You are not what you produce.
You are loved by the Creator.

Sit With This

What do you tend to forget about God when life gets busy?

Prayer

Creator God, help me remember who You are and who I am. Teach me to receive Sabbath as a weekly return to Your love, Your abundance, and Your sustaining care. Amen.

Practice

Notice one created thing today—a tree, bird, flower, cloud, or sunset—and let it remind you of the Creator who cares for you.

WEEK 3 DAY 4 – Remember Redemption

Scripture

Deuteronomy 5:12–15

Reflection

In Deuteronomy 5, the Sabbath commandment is repeated, but the reason given is different.

This time, God does not point only to creation. He points to redemption.

“Remember that you were slaves in Egypt and that the Lord your God brought you out...” Sabbath is not only a reminder that God created us. It is also a reminder that God rescued us.

Israel knew what it meant to live under constant demand. Egypt had taught them that their value was tied to output. Make more bricks. Work harder. Produce more. Keep going. Do not stop. But God delivered them. Then He reminded them about the Sabbath.

That means Sabbath is a declaration of freedom. Slaves cannot truly rest. People trapped in bondage are not allowed to stop. But redeemed people are invited to live differently.

This is why Deuteronomy 5 matters so much. Sabbath tells the redeemed heart:

You are not in Egypt anymore. You do not belong to Pharaoh.
You do not belong to fear. You do not belong to endless production.
You belong to the God who brought you out.

Sabbath is God’s weekly reminder that His love does not only create. His love saves.

Sit With This

What “Egypt” rhythms still try to control your life?

Prayer

Redeeming God, thank You for rescuing Your people and inviting us into freedom. Help me stop living like I am still enslaved to fear, pressure, or performance. Teach me to rest as someone You have redeemed. Amen.

Practice

Identify one pressure that makes you feel like you cannot stop. Surrender it to God in prayer today.

WEEK 3 DAY 5 – A Weekly Recommitment to Trust

Scripture

Hebrews 4:9–11; Mark 2:27–28

Reflection

Sabbath is a weekly recommitment to enter the rest God gave at creation and restored through redemption.

It reminds us of Eden, where humanity first received rest before earning anything. It reminds us of the garden after the fall, where God came looking for hiding people. It reminds us of Exodus, where God called His people to remember the Creator. It reminds us of Deuteronomy, where God called His people to remember their deliverance.

Sabbath gathers all of that into one sacred rhythm. Every week, God invites us to stop and remember:

I created you. I pursued you.
I redeemed you. I am still with you.
You can rest in Me.

This is why Sabbath is not merely regulatory. It is relational. It is not God saying, “Prove your loyalty by keeping a rule.” It is God saying, “Come back to the rest you were made for.”

Jesus said the Sabbath was made for humanity. It is a gift from the God who knows how easily we forget, how quickly we hide, how deeply we strive, and how desperately we need His presence.

Rest is an act of trust. And every Sabbath, God invites us to trust again.

Sit With This

What would it look like for Sabbath to become a weekly recommitment to trust God?

Prayer

Lord of the Sabbath, thank You for creating, pursuing, redeeming, and inviting me to rest. Help me receive Sabbath as a gift of relationship. Teach me to stop, remember, and trust You again. Amen.

Practice

As Sabbath approaches, choose one way to intentionally “come away” from the noise and return to God’s presence.