

QTC563. Sabbath Series Suggestion. 20 March 2025

Sabbath Series Suggestion. "Is the Sabbath Relevant for Christians Today?" | Malcolm Cox | Quiet Time Coaching Episode 563

Opening:

Is the Sabbath relevant for Christians today? Today, I want to hear from **you**. I'm considering doing a short series on the relevance of the Sabbath for Christians today—but before I commit, I need to know: **Is this something you're interested in?** Is the idea of the Sabbath something you find helpful, intriguing, or maybe even confusing?

For the past 20 years, I've been practising some elements of the Sabbath in my own life. It's been a journey—one filled with trial and error, but also deep, rich spiritual rewards. And I'm still learning. The more I explore, the more I find the Sabbath to be a **gift**, not a burden—a rhythm of rest, renewal, and connection with God.

A Biblical Invitation to Rest

The idea of Sabbath is woven throughout the Bible. In **Exodus 20:8-10**, we see it commanded:

'Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God.'

This wasn't just about rest—it was about devotion. A day set apart for being **with God**, free from distractions. And in the New Testament, Jesus engages with the Sabbath in profound ways. He reminds us in **Mark 2:27**:

'The Sabbath was made for man, not man for the Sabbath.'

That's an invitation, not a restriction! Sabbath isn't about rigid rules; it's about **God's care for our souls**. It's an opportunity to step back, breathe, and be refreshed in Him.

Why Does This Matter Today?

In our non-stop world, where productivity is often worshipped and rest can feel like a luxury, could the Sabbath be a **forgotten key** to spiritual depth? Could it help us slow down enough to

truly listen to God, enjoy His presence, and rediscover joy in worship?

I am continuing to explore this—but I want to know what you think. Have you tried incorporating Sabbath rest into your life? What challenges or blessings have you experienced? Or is this an area you'd like to know more about?

Your Thoughts Matter

If this is something that resonates with you, or if you have questions, I'd love to hear from you. Drop me a message, send an email, or leave a comment where you're listening to this podcast. If enough people are interested, I'll put together a series where we can go deeper into the **practical and devotional aspects** of Sabbath—not as a legalistic obligation, but as a **life-giving rhythm of grace**.

So, let me know: is this a topic worth exploring together? I look forward to hearing your thoughts. Until next time, may you find moments of rest and renewal in God's presence.

Share your thoughts, insights, or questions with me and the other listeners. And if you haven't yet, grab a free copy of my eBook on spiritual disciplines, "*How God Grows His People*," at www.malcolmcox.org by signing up for my newsletter.

Take care, and God bless, Malcolm

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