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Six Days Do Your Work, But on the Seventh Day Do Not Work **23: 12**

Six days do your work, but on the seventh day do no work **REFLECT:** What are the benefits of observing the Sabbath principle in your life? Are there parts of God's word that you are choosing to ignore? How are you doing in the human rat race? Are you in need of Sabbath rest?



Whereas the land was granted a rest every **seven years**, **the people and beasts of burden** were given a rest every **seven days**. Although the length of time was different, **the Sabbath** principle was the same. **God** said: **Six days do your work, but on the seventh day you shall stop, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed.** Also, the two groups who would benefit from **the Sabbath** principle, the needy and the animals, found parallels in the **ox** and the **donkey**, on the one hand, and **the slave** and **the alien**, on the other.

The verb for **stop** is the Hebrew word *shabat*, from which we get the word **Sabbath**. We get the concept of stopping normal, everyday **work**. Man and beast alike will be **refreshed** on **the Sabbath**. In **31:17** we are told that **YHVH Himself** was **refreshed on the seventh day** of creation as a result of **His** resting. Therefore, **God's** work and **rest** serve as an example for our **work** and **rest** each

week.

ADONAI reviewed this commandment with **Isra'el** when they entered the Promised Land. The subjects of **the Sabbath Day**, Sabbatical Year, and the Year of Jubilee are all dealt with in the book of **Leviticus**. **The Sabbath Day** was a day of **rest** every seven days. It is a joyous holiday, a day of spiritual refreshment, and reverent worship. It is a day for mankind to imitate his or her Creator, to be devoted to contemplation. Those who delight in **the Lord** in this way are promised that they would **ride on the heights of the Land and feast on the inheritance of their father Jacob (Isaiah 58:13-14)**.⁴⁴⁰

The scope of **the Sabbath** observance for **the Jew** is made know to us in the Torah through what is know as the *Zakhor* (the call to remember), and the *Shamor* (the call to observe). In the *Zakhor*, **Isra'el** is commanded by **God** not to forget that they were slaves in Egypt, and that **God** with a mighty hand and outstretched arm brought them out of slavery to observe the Sabbath day (**Deuteronomy 5:15**). They are **to remember the Sabbath and keep it holy (20:8)**, and in that keeping, **Isra'el** is commanded by **God** to keep all of **His Sabbath's for generations to come as a sign that He is the One who makes them holy (31:13)**. With the *Zakhor*, **Isra'el** is commanded to follow the *Shamor* by observing **the Sabbath day by keeping it holy, as ADONAI your God has commanded you (Deuteronomy 5:12)**.

Through **His** infinite wisdom, **God** commanded **the children of Isra'el** to recharge **themselves** physically, emotionally, and spiritually. **He** modeled this principle when **He** created the universe; thus, **the Sabbath day** is the antidote for the human rat race.