

Rediscovering the Sabbath Anointing: A Gift, Not a Burden

In our fast-paced, hyper-connected society, stress and anxiety are constant companions. But what if an ancient biblical principle could offer a solution? Rabbi Kirt Schneider and Dustin Roberts recently explored this in a discussion on the Sabbath, revealing how this often-overlooked practice is not just for ancient Israel—but a gift for all believers today.

“The world is moving quicker than ever before,” Rabbi Schneider explains. “And the result is that people are going to become anxious, they’re going to be stressed even more so than now.” However, he argues that God built a remedy into creation itself—the Sabbath.

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The Sabbath: More Than Just a Law

Many Christians dismiss the Sabbath as part of the Old Testament Law, believing it no longer applies. But Rabbi Schneider challenges this assumption, pointing out that the Sabbath predates the Law of Moses.

“Shabbat is part of God’s divine design that He built into creation for mankind before the law was given,” Schneider explains, citing Genesis 2:1-3, where God rested on the seventh day and made it holy.

Roberts acknowledges how modern Christianity has lost touch with its roots: “We’ve kind of adapted Christianity to our Gentile ways instead of adapting to the roots of our faith.”

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A Commandment with a Blessing

The Sabbath isn't about rigid rules or legalism—it's about spiritual blessing.

"Jesus said He was Lord of the Sabbath," Rabbi Schneider reminds us. "The Sabbath was made for you and me... it was made for men. It means that God knew that we would need a day to be refreshed."

Unlike the Pharisees of Jesus' time, who turned the Sabbath into a burden with extra rules, Jesus emphasized its purpose: to restore, refresh and realign us with God.

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A Practical Invitation

Honoring the Sabbath doesn't mean doing nothing—it means setting aside time for God, family and true rest. "You don't want to be engaged in the things of the world," Rabbi Schneider advises. "You're being refreshed unto the Lord."

For many, this may seem impractical. Life is busy, bills need to be paid and rest feels like a luxury. But the Bible assures us that when Israel honored the Sabbath, God provided for them supernaturally (Exod. 16:20-26). "If we will honor God in this and take a day a week to rest unto Him," Rabbi Schneider assures, "He will supernaturally provide."

A Call to Rethink

The Sabbath isn't just a Jewish tradition—it's a biblical principle and a perpetual covenant with God's people (Exod. 31:16-17). If Jesus didn't abolish it but fulfilled it, perhaps it's time for Christians to rediscover its significance.

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