

God's Blueprint for Rest: How the Sabbath Can Transform Your Life

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."