

LEGACY OF BLESSING

How to bring out the best in your family

Leaders Endorse *Legacy of Blessing*

Pastor Rob Gross' thoughts and careful research provide a new depth of understanding to truths that we may think we already understand. His applications regarding the Sabbath to the modern active family and those in your church body help crystalize these timeless truths in the here and now. Your investment of time and attention to this book may not only bless your family today but generations 40, 60, 100 years from now.

Dr. Francis Oda, Arch.D., FAIA, AICP
Chairman, Group 70 International, Inc.
Pastor, New Life Church Honolulu

After reading *Legacy of Blessing*, I had one of the greatest paradigm shifting moments in my life! Although my family has regular dinners together, my role as a father and a husband are now redefined and will never be the same again. I am thrilled to apply what I have learned in the *Legacy of Blessing* in my home, just as all who read this incredible book should, too.

Dr. Bruce Wong, D.C.
Founder of Lifetime Family Wellness Centers
Co-founder of Well People Program and Well People Ministry

Pastor Rob helps us receive the Lord's blessing as we stand with one foot planted firmly in the Word and one foot in our home. This practical guide is targeted to husbands, wives, fathers, mothers, and children for generations to come. Our families, our community, and our world will be brighter.

Senator Norman Sakamoto
Hawaii State Senate
Senatorial District 15
Chairman of the Senate Education and Housing Committee

With his unique perspective of being part Jewish, Pastor Rob Gross takes timeless disciplines from the Bible and makes them perfectly relatable to 21st century people. His rich teaching on the Sabbath can completely transform your family life. Pastor Rob's *Legacy of Blessing* is profoundly compelling.

Rev. Michael M. Palompo
Pastor, New Hope Central Oahu

Pastor Rob Gross has shed amazing insights to observing the Sabbath. It will increase the blessing, joy, peace, protection, and provision for our families, today and for future generations.

Ellie Kapihe
Pastor, Windward Missionary Church

Life flourishes where the river of God flows. This is a must-read for all fathers and mothers in Christ. Pastor Rob beautifully and powerfully releases the heart of Abba—His passion to lavish His love and blessing upon His children. When you drink from the river of these pages you will be equipped to encounter the God of generations. You will be transformed by these timeless truths when you heed your call to pass on your legacy for His glory.

Michele Okimura
Associate Pastor, Hope Chapel Lifespring
Director, Kingdom Families

I love Rob's heart and practical teaching for recapturing God's design of blessing that is to be at the heart of the family—especially for the dad and husband. Regardless of your view on the Sabbath, please don't miss Rob's gold piece on a dad and husband initiating an atmosphere of blessing in the home—God's incubator for health, life and kingdom advancement.

Rev. Brad Barshaw
Pastor, Faith Baptist Church

As pastors, there are certain people we go to for wisdom in areas of ministry and personal life. Rob Gross is one of those “go to” people. Rob’s prophetic gifting and insight coupled with His passion for Christ makes him a valuable resource and friend in the Body of Christ.

Mike Kai
Pastor, Hope Chapel West Oahu

The Spirit of Aloha is special because a definition of Aloha is to bless. In a deeper sense, a definition of Aloha is the Spirit of God in man. When talking about the *ohana* or family, a definition of *ohana* is the Spirit of God in the family. This book is how to release that supernatural blessing or Aloha into your *ohana*!

Allen Cardines
Pastor, Hope Chapel Nanakuli
President, Transformation Hawai`i

If you would like to see your family transformed, this is the book for you. Rob Gross gives a strong Scriptural foundation and very simple and practical instructions that will truly revolutionize your family. As parents, we would all love to bless our children. Now we have a practical yet powerful way to do that.

Mark Morimoto
Pastor, Kakaako Christian Fellowship



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How to bring out the best in your family

Rob Gross



WHITE
MOUNTAIN
CASTLE
PUBLISHING, LLC

www.whitemountaincastle.com

Kapolei, Hawai'i

Legacy of Blessing: How to Bring Out the Best in Your Family

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Published by White Mountain Castle Publishing, LLC

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ISBN # 978-0-9815219-4-7

Cover Design & Layout by Sherrie Dodo

Cover Photo: ©iStockphoto.com/Tracy Whiteside

Back Cover & Family Photo: Marc Schechter Photography

Edited by Amy Yamamoto

Printed in the United States of America

“Then all the people left, each for his own home,
and David returned home to bless his family.”

1 Chronicles 16:43

“By faith Jacob, when he was dying, blessed each of Joseph’s sons,
and worshiped as he leaned on the top of his staff.”

Hebrews 11:21

“Now the Lord said to Abram, ‘Go forth from your country,
and from your relatives and from your father’s house to the land I
will show you; and I will make you a great nation, and I will bless
you, and make your name great; and so you shall be a blessing; and

I will bless those who bless you,
and the one who curses you I will curse. And in you all the
families of the earth will be blessed.’”

Genesis 12:1-3

“They will rebuild the ancient ruins and restore the places long
devastated; they will renew the ruined cities that have been
devastated for generations.”

Isaiah 61:4

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*To my three sons:
Jordan, Brandon and Jonathan*

I am so proud of you!

*May you each become spiritual fathers who
beget other spiritual fathers!*

Foreword

This book will transform and bless your life, your marriage, and your children, as you participate in the weekly Sabbath. Like all great truths, it is simple but profound. It is an ancient tradition, but God is renewing it for our generation and for future generations. I believe God will use this book as a prophetic call for His people to celebrate the Sabbath. The prayers and blessings of the Sabbath are needed especially now, in these troubling times.

From the teachings of the earliest Scriptures to modern day testimonies, Rob Gross points out that the importance of the Sabbath is evident. The truth of its power and importance is abundantly clear through a people group that have survived on-going and perhaps the greatest ethnic violence of any people group of the world—the Jews. For them, the celebration of Shabbat (also referred to as the Sabbath) has allowed them to preserve their faith, strengthen their families, and prosper their lives. They are known throughout the world for their success and wealth. How does their blessing relate to us, today?

When my wife, Joy and I were young parents, we met Lillian Honjiyo who had raised two wonderful young women who loved the Lord. One Sunday, Joy asked Lillian what was her secret to raising her

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children so well. “Prayer,” said Lillian as she chuckled. “I prayed for them all the time.”

We never forgot Lillian’s words. Our little ones have grown up and left the home, but they’ve never left the faith; they all love the Lord. God’s blessings fell upon our children as we unknowingly and awkwardly followed the discipline of the Sabbath.

When Rob Gross began to talk with me about what God had been showing him about the importance of the Sabbath, I immediately remembered the words of Lillian. In many ways, this book expands upon that simple truth. This book will show you how to impart generational blessings to your children in a powerful way. You will learn how to bless and pray for your spouse and children as you participate in the Sabbath celebration every week. The Sabbath is not just for Old Testament times or just for Jews. It is for all people—regardless of your ethnicity. I am excited because I know that you and your family will be transformed as you choose to make the Sabbath part of your family’s weekly tradition. After all, the Sabbath is God’s idea!

Thank you, Rob, for writing this wonderful book!

Aloha Ke Akua (God Is Love),

Cal Chinen Senior Pastor
Moanalua Gardens Missionary Church
Honolulu, Hawaii

Introduction

On his website,¹ Pastor Bill Johnson writes a powerfully worded article about the lasting impact that one person can have on his generational line. In his article entitled, “The Domino Effect of Blessing,” Johnson states:

“When the Lord chose Abram and renamed him Abraham, He brought him out of Ur of the Chaldees and sent him to a place where he would be the father of a nation. Abraham’s name means “extraordinary father,” “father of nations,” and “father of many.” The Lord said that Abraham would be a blessing to every nation in the world. Then he went even further and said that Abraham would be a blessing to every family on the planet. Now that is an extraordinary promise, that one man could have gained God’s attention to such a degree that he caused a domino effect of blessing on the earth. It is a Kingdom reality that makes it possible for every single family on the planet to be affected by one person’s life.

We have to rethink the value of an individual and what one person can accomplish through a life of faith. Your name may never be remembered. That’s not what is

INTRODUCTION

important. The effect of a life of faithfulness is what's important. There is to be a domino effect from what God has done in our lives until it affects everyone around us. We are to faithfully deposit and release what we've been given to the people God has given us to influence. This is our privilege and responsibility.

It is possible to have an increased impact on humanity simply because the Lord has commissioned us to pour out our lives into other people. Simply summarized: everything you get, you get to give away. Your personal breakthrough with God is to become a corporate blessing."

For thousands of years, Jewish parents have observed the weekly Sabbath by breaking bread together, speaking blessings over their children, and discipling them around the dinner table in their homes. The Jewish people today are experiencing the incredible blessings of God because of the faithfulness of their forefathers to impart these things to their children centuries earlier.

As someone of Jewish ancestry, it is my hope that *Legacy of Blessing: How to Bring Out the Best in Your Family*, will not only bless you, but also teach you how to impart blessings to your children today and perpetuate generational blessings down the family line.

To single parents: You have a tender place in God's heart and my heart, too. This book is for you and your family, too! Please read on and discover specific insights just for you.

May the Lord bless your legacy!
Rob Gross



CHAPTER ONE

Why Should I Observe the Sabbath?

Shabbat (or Sabbath, as it is called in English) is one of the least understood gifts that God has given to His people. Believers who are not familiar with the Sabbath think of it as a day filled with legalistic restrictions. But to those who have experienced *Shabbat* it is a precious treasure from God, a retreat from a busy work week filled with stress and anxiety.

What Does *Shabbat* (Sabbath) Mean?

The word *Shabbat* comes from the root Shin-Beit-Tav, three Hebrew letters meaning to cease, end or rest. In Genesis chapter two, after creating the heavens and the earth, God rested on the seventh day:

*“So the creation of the heavens and the earth and everything in them was completed. On the seventh day, having finished his task, **God rested from all his work.**”* Genesis 2:1-2

Amazingly, the Creator, after working for six days, stopped all that He was doing and rested for a twenty-four hour period as if to say, “I have made a special day of recuperation and restoration for your benefit and blessing that I Myself follow!”

“And God blessed the seventh day and declared it holy, because it was a day when he rested from his work of creation.”

Genesis 2:3

A Special Twenty-Four Hour Period of Blessing

Notice that God *blessed* the seventh day and called it *holy* meaning that His blessing or divine favor was upon the Sabbath day. *Shabbat* then is a special twenty-four hour period of blessing, a gift

Amazingly, the Creator, after working for six days, stopped all that He was doing and rested for a twenty-four hour period as if to say, “I have made a special day of recuperation and restoration for your benefit and blessing that I Myself follow!”

from God to us, that if observed with grace, will regularly enrich our lives!

Thousands of years after God established the Sabbath, Jesus confronted a religious system that had twisted His original intent for the Sabbath by making it into a day laden with restrictions. In Mark 2:23-27 we read:

“One Sabbath day as Jesus was walking through some grain-fields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.”

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

Observing the Sabbath is Not a Legalistic Practice

Clearly, observing the Sabbath is not a legalistic practice, but a special day to purposely "enter" God's rest with family and friends. The writer of the book of Hebrews made this clear in Hebrews 4:1-11 (NLT) when he wrote:

"God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter his rest. As for the others, God said,

*"In my anger I took an oath:
'They will never enter my place of rest,'"*

even though this rest has been ready since he made the world. We know it is ready because of the place in the Scriptures where it mentions the seventh day: "On the seventh day God rested from all his work." But in the other passage God said, "They will never enter my place of rest."

So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. So God set another time for entering his rest, and that

time is today. God announced this through David much later in the words already quoted:

*“Today when you hear his voice,
don’t harden your hearts.”*

Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. So there is a special rest still waiting for the people of God. For all who have entered into God’s rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.”

As mentioned earlier Jesus confronted the religious system of His day by stating that the Sabbath was intended to benefit man as a day of rest—not to keep man burdened with legalistic restrictions that forbade such things as harvesting grain (see Mark 2:23-27) and getting healed (see Mark 3:1-4).

Jesus confronted the religious system of His day by stating that the Sabbath was intended to benefit man as a day of rest—not keep man burdened with legalistic restrictions.

Not surprisingly, when Jesus walked the earth, religiosity was the primary obstacle that blocked people from coming into genuine relationship with God. Later, the apostle Paul had to deal constantly with a religious group referred to as the Judaizers. This group maintained that right standing with

God was not achieved by trusting in the finished work of Jesus on the cross but by strictly keeping the Law. Paul warned the church at Colossae about Judaizers in Colossians 2:8-17 (NLT) stating:

WHY SHOULD I OBSERVE THE SABBATH?

“Don’t let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ. For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.

When you came to Christ, you were “circumcised,” but not by a physical procedure. Christ performed a spiritual circumcision—the cutting away of your sinful nature. For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.

You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross.

So don’t let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. For these rules are only shadows of the reality yet to come. And Christ himself is that reality.”

In Colossians 2:16, Paul was not saying that we shouldn’t observe the Sabbath. Instead, he was saying that salvation or right standing with God could not be earned or achieved through works or self-effort (i.e. by keeping Sabbaths).

Should Christians Disregard Matters Related to the Law?

It seems that confusion has arisen in the Body of Christ regarding matters related to observing the Law. The root of these concerns may be traced to misunderstanding Romans 10:4 which says:

*“For Christ is the **end** of the law for righteousness to everyone who believes.”*

In Romans 10:4, many New Testament translators have rendered the Greek word *telos* as *end*, to mean that Christ put an end to the Law—that observances such as the Sabbath have been terminated. However, more accurate translations render *telos* as *fulfillment, goal or purpose*.

Christ therefore, has not put an end to the Law, but He is the fulfillment or goal of the Law. Jesus said this in Matthew 5:17 when he declared:

“Don’t misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose.”

Jesus Christ Himself is the Fulfillment of the Law

The goal, end, or fulfillment of the Law is Jesus Christ Himself. Because He lived a perfect life keeping every Old Testament law, He was and is the perfect sacrifice for our inability to live righteously before God. He fulfilled the Law, but *He definitely did not end or abolish it*.

Galations 3:13 is another misunderstood verse that has created confusion in the church regarding the Law:

“Christ redeemed us from the curse of the Law, having become a curse for us – for it is written, ‘Cursed is everyone who hangs on a tree’ . . .”

What is the “curse of the Law” that Paul is referring to in this verse? In order to answer this question we have to turn to Deuteronomy 27:26 (NASB) which states:

“Cursed is he who does not confirm the words of this law by doing them.”

This verse simply says that there is a curse contained in the Law that is pronounced upon those who try to attain righteousness before God via self-effort.² Christ therefore has not redeemed us from a cursed Law but from the curse that is pronounced in the Law – a curse that’s upon those who try to be right with God without trusting in Christ’s perfect sacrifice at Calvary.

Three Types of Laws in the Torah (Genesis - Deuteronomy)

God established 613 laws contained in the Torah, the first five books of the Old Testament. Certain laws in the Old Testament—Civic and Levitical laws—have never applied to non-Jews. Laws that addressed *civic* issues related only to the nation of Israel. Other *Levitical* laws were given by God to govern the duties and practices of the Levites, priests of Israel.

A third category, God's *moral* laws—the Ten Commandments, were established to govern all of mankind and still apply today. However, because of Christ's finished work on the cross, God has established a new covenant with us, writing His moral laws upon our hearts (see Hebrews 8:10).

God Gave All Humanity the Sabbath to Enjoy as a Blessing

It may be a surprise to some but in Genesis 20: 8-11, the fourth commandment to observe the Sabbath is one of ten moral laws that God gave to govern all men and women:

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”

Jesus made this clear in Mark 2:27 when He declared that the Sabbath was made for man. He didn't say the Sabbath was made for Jews only, but for all mankind.

A final glance at Genesis 2:1-3 further reveals that God created the Sabbath thousands of years before He established the Law. In summary, the Sabbath is a gift that God intended for all people to enjoy as a blessing. It is not a legalistic requirement. When observed by families it is a powerful vehicle of blessing that

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has far reaching impact. It is truly an amazing and refreshing weekly experience!

In Chapter Two, “What Happens in Your Family Impacts Your Community” we will discover the connection between the family and the condition of our land.