

Who am I becoming?

Who are **we** becoming?

SPIRITUAL DISCIPLINES

- ▶ Gathering
- ▶ Bible Reading
- ▶ Praying
- ▶ Serving

SABBATH REST

WHAT IT'S ~~NOT~~

- ▶ ~~A day off~~
- ▶ ~~Just a recovery day~~

WHAT IT IS ✓

- ▶ A day to **STOP**
- ▶ A day for **INTENTIONAL REST** with God

GOD'S EXAMPLE

27 So God created mankind in his own image,
in the image of God he created them;
male and female he created them. 28 God
blessed them and said to them, "Be fruitful and
increase in number; fill the earth and subdue it.
Rule over the fish in the sea and the birds in the
sky and over every living creature that moves
on the ground."

GENESIS 1:27-28

God saw all that he had made, and it was very good. And there was **evening, and there was morning**—the sixth day.

GENESIS 1:31

1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day **God had finished the work** he had been doing; so on the seventh day **he rested from all his work.** 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

GENESIS 2:1-3

**Rest with God comes
before work for God.**

**God prioritizes
relationship over task.**

**Work from rest,
not work for rest.**

SABBATH PRACTICE

- ▶ Choose a day
- ▶ Prepare beforehand
- ▶ Mark the beginning and ending
- ▶ Stop striving
- ▶ Intentionally delight in God's presence

Never resting = bondage.

ISRAEL'S STRIVING

- ▶ Slavery (*Exodus 1-5*)
- ▶ Liberation (*Exodus 12-15*)
- ▶ Formation (*Exodus 20, Deuteronomy 5*)
- ▶ Rebellion (*Isaiah 8*)
- ▶ Exile (*2 Chronicles 36*)

What a wretched man I am! Who will rescue me from this body that is subject to death?

ROMANS 7:24

Thanks be to God, who delivers me
through Jesus Christ our Lord!

ROMANS 7:25

JESUS' EXAMPLE

**Jesus embodied Sabbath rest
in his life and in his death.**

THE GOSPEL OF REST

28 “Come to me, all you who are weary and burdened, and **I will give you rest.** 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your souls.** 30 For my yoke is easy and my burden is light.”

MATTHEW 11:28-30

Our salvation depends on Jesus' finished work on the cross alone.

**Our rest in God is a witness to
a worried and hurried world.**

**Come to Jesus
and find true rest.**

