

**Who am I becoming?**

Who are **we** becoming?

# SPIRITUAL DISCIPLINES

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

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# SABBATH REST

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# 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.**

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**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.**

