

RE: *fresh*

Sabbath

Rest



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RE: *build*



RE: *lease*

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1) What is Sabbath Rest?

Hebrew Word - “Shabbat”

Means - “to cease” “to stop”

GENESIS 2:2-3 -

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.



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Hebrew Word - “nuakh”

Means to “**dwel**” or “**settle**”

Genesis 2:15

15 Then the Lord God took the man and put him “rests him” “settles him” into the garden of Eden to cultivate it and keep it.



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Exodus 20:8-11

8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 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 male or female servant, nor your animals, nor any foreigner residing in your towns. 11 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.



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Sabbath is not so much about a day off as it is a “day up”—a day to remember that He is God and we are not. Without Sabbath, we forget who we are and lose sight of who He is, leaving us to carry the weight of the world on our shoulders. When there is no Sabbath in our lives, we become intoxicated by the lie that the sum of our lives depends on our effort alone.

We get to the place where we truly believe that the outcome of the Story fully depends on us. But in truth, we are tiny, limited beings. Our biggest and best efforts still accomplish far less than what God can do in us, through us—or without us—in one breath.

Louie Giglio - I Am Not But I Know I Am



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2) Jesus & The Sabbath

Matthew 12:6-8

6 I tell you that something greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' [a] you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath."

Mark 2: 27 - Then he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath."



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When followers of Jesus observe the Sabbath, we live as if this restoration (the original rhythm of creation) has already taken place. We take a break from the broken rhythms of hustle and hardship to set aside a time of submission to his rule and **enjoyment of his presence and to extend these things to the world around us.** When we observe the Sabbath well, we become little resting places of God's presence.

- The Bible Project



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3) Today & The Sabbath

Isaiah 58:13-14

13 “If you keep your feet from breaking the Sabbath
and from doing as you please on my holy day,
if you call the Sabbath a delight
and the Lord’s holy day honorable,
and if you honor it by not going your own way
and not doing as you please or speaking idle words,
14 then you will find your joy in the Lord,
and I will cause you to ride in triumph on the
heights of the land
and to feast on the inheritance of your father
Jacob.”
For the mouth of the Lord has spoken.



TOP TIPS -

- 1) Set a day aside
- 2) Turn off your phone
- 3) Read - God's Word & a good book
- 4) PRAY!!!
- 5) Take a much needed nap
- 6) Visit a park marvel in Gods goodness and beauty
- 7) Spend time in worship
- 8) Prepare meals ahead
- 9) Resist technology
- 10) LAUGH, LOVE & ENJOY RESTING WITH GOD & THOSE YOU LOVE!

