What Should Be

What Is

God

Family

Work

Church

Other

(Rec, Sports, Celebration)

Other (Sabbath)

Acts 17:2

Work

Family

Church

God

What Should Be

What Is
"If you refrain from trampling the Sabbath, from pursuing your own interests on my holy day; if you call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, serving your own interests, or pursuing your own affairs, then you shall take delight in the LORD, and I will make you ride upon the heights..."

NRSV Is 58:13-14
“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us!”

Wayne Muller
Understand True Biblical Sabbath

**Sabbath:**
to rest, to repose, to cease from exertion, to leave, put away or cease and celebrate!
Understand True Biblical Sabbath

Sabbath is LIFE MODELED for us by God

Genesis 2:3
Understand True Biblical Sabbath

Sabbath is God GIFTING us with PROVISION

Exodus 16:23-29
Page 52
Understand True Biblical Sabbath

• Sabbath is PAUSING to CELEBRATE God

Isaiah 58:13   Page 527
Deuteronomy 5:15   Page 130
Understand True Biblical Sabbath

Sabbath is COMMITMENT to WORSHIP

Leviticus 23:3
Page 88
Know What to INCLUDE And EXCLUDE from Sabbath

Include

• Resting the Body
• Replenishing the Spirit
• Restoring the Soul
Know What to INCLUDE
And EXCLUDE from Sabbath

Exclude

- Work
- Worry
- Whatever drains you!
“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us!”

Wayne Muller
"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

Matthew 11:28-30