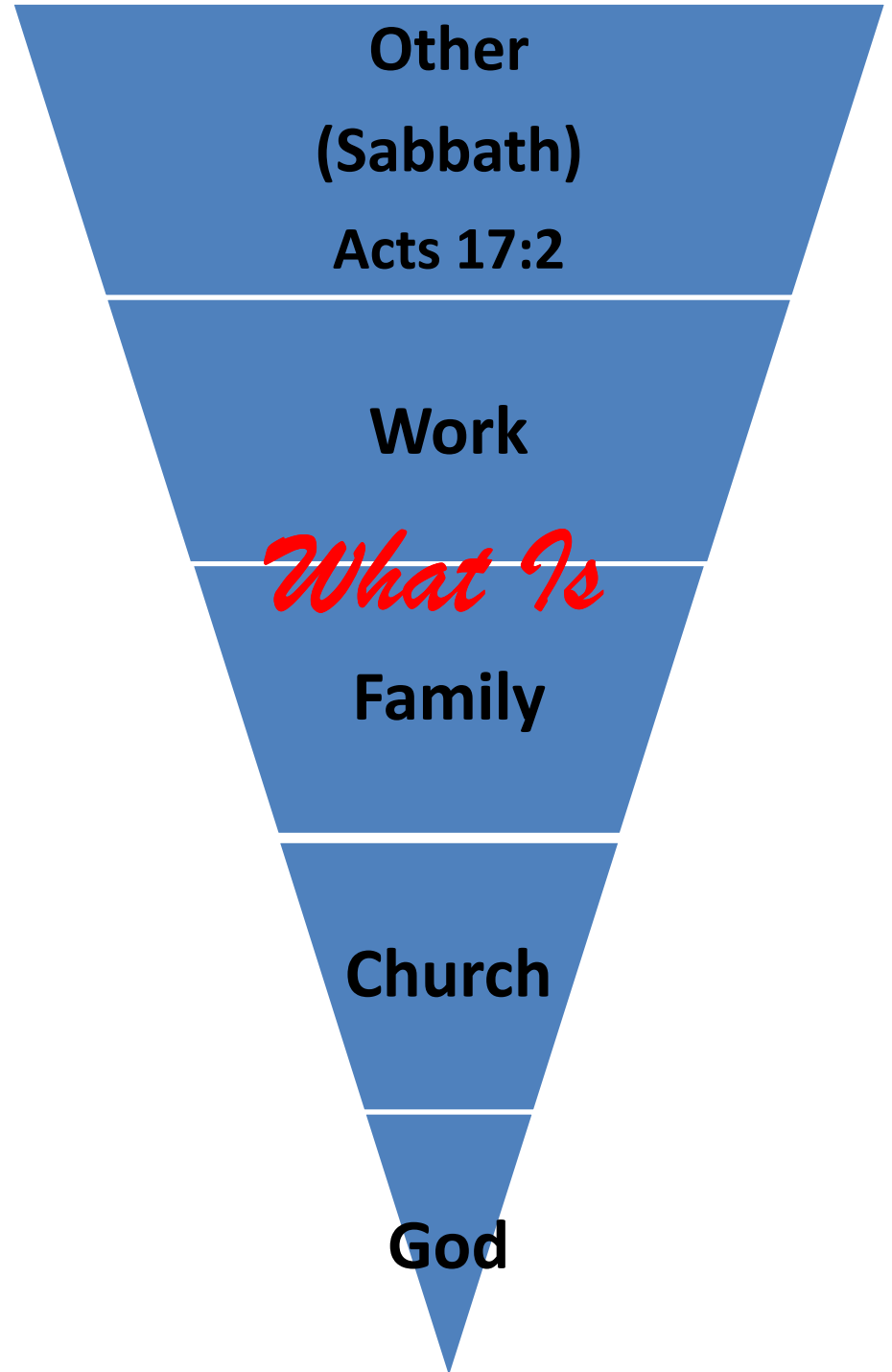
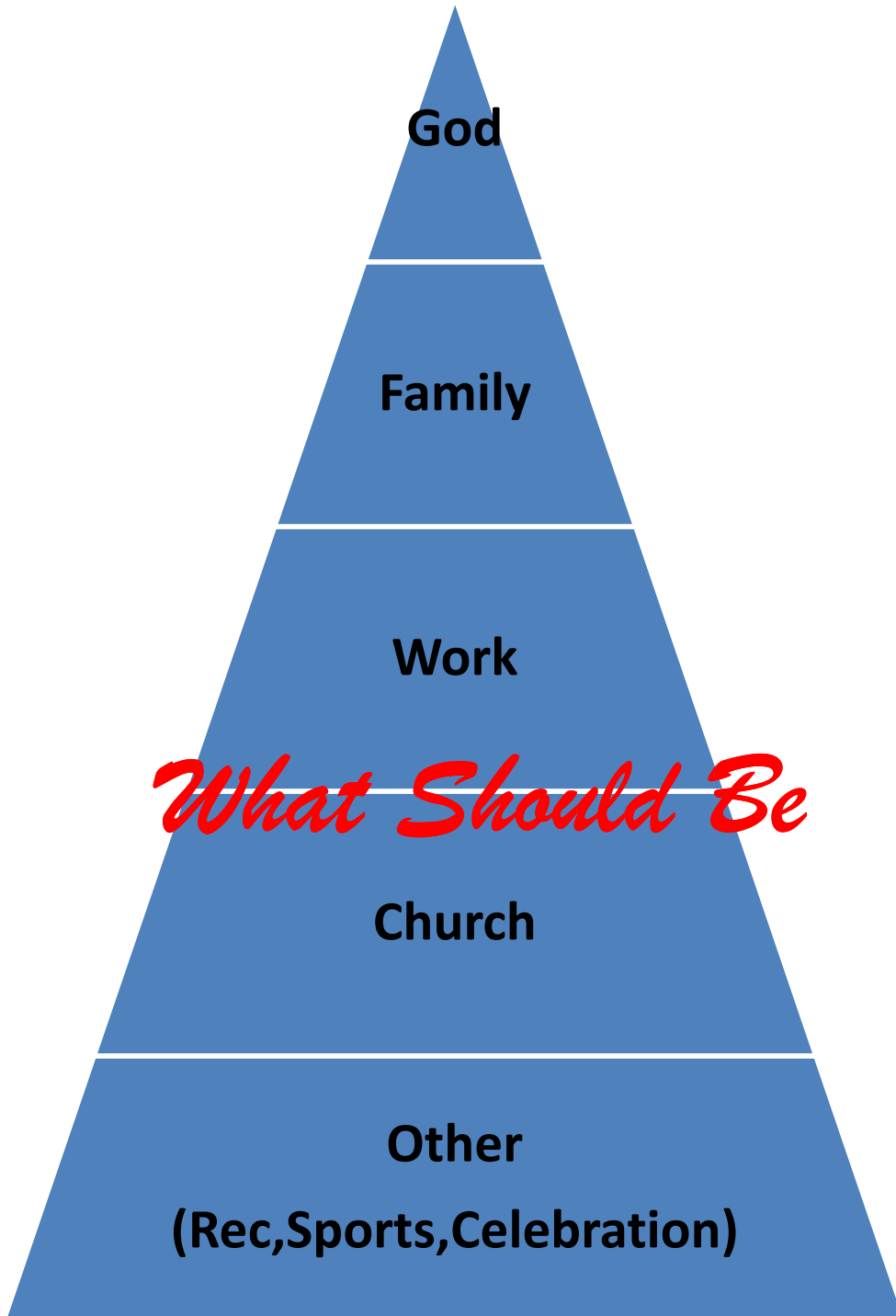




LIVING UP *in a* DOWN WORLD

Acts 17:1-9

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**"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

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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

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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