

## Sabbath Rest

**Matthew 11:28-30** - Come to me ... and I will give you rest.

**Exodus 20:8-11** - Remember the Sabbath day, to keep it holy.

**Deuteronomy 5:12-15** - You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there.

**Galatians 5:1** - For freedom Christ set us free; do not submit again to a yoke of slavery.

**Psalms 116:7** - Return, my soul, to your rest; for the LORD has dealt bountifully with you.

**Hebrews 4:9-11** - There remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from His.

**Sabbath Day:** every seventh day of the week, made for man (Mk 2:27).

**Sabbatical Year:** every seventh year, made for the land (Lev 25:4).

**Sabbath Sabbatical Year (Year of Jubilee):** every fiftieth year, made for liberty (Lev 25:10)

Observing the tithe offering is an act of faith. Obedience produces generosity.

Observing the Sabbath is an act of faith. Obedience produces peace.

## REST

- Stop working (creating, expending, producing)
  - Let God produce (as He did from the fallow ground)
  - Commit your way to the Lord (review your to-do's)
- Stop wearying (doing anything that makes you weary)
  - What do you find restorative?
  - Find peace (manage your sweet spot)
- Stop worry (doing anything that makes you anxious)
  - Spend time in gratitude and focus on God as Provider
  - Intentionally release your fear

## HOLY

- Set apart (restrict activities and gain a godly perspective)
  - Worship
  - Release
  - Praise
- Stop sinning
  - Consider (Ps 139:23)
  - Confess (1 Jn 1:9)
  - Release, freedom (1 Pet 4:1)

**Faith:** Recall His faithfulness. **Hope:** Confess and proclaim His will. **Love:** Act in kindness.