



“Rest Area” (Sabbath)

RE: member Series

Pastor Mark

1.16.22

Genesis 2:2-3

### Myths about Sabbath:

- #1: We think Sabbath equals SUNDAY.
- #2: We know Sabbath is the day of rest, so that means we don't do ANYTHING.
- #3: The Sabbath helps us establish BALANCE in our lives.
  - The reality is the Sabbath helps us with our RHYTHM to our lives.

Exodus 16:22-30

Exodus 20:8-11

- The first 3 Commandments are about our VERTICAL relationship with God.
- The last Commandments are about our HORIZONTAL relationship with one another.
  - The Sabbath Commandment comes in the middle to show where the INTERSECTION of those 2 things happen!

Deuteronomy 5:12-15

Mark 2:23-28 Jesus has an encounter with the Pharisees

### 4 things that help when we celebrate the Sabbath:

- 1) PLAN for it.
- 2) QUESTIONS to ponder each Sabbath:
  - a) What gets my heart excited about my RELATIONSHIP with Jesus?
  - b) What brings GLORY to God?
- 3) Involve FRIENDS & FAMILY
- 4) Be GRATEFUL