



“Rest Area” (Sabbath)

RE: member Series

Pastor Mark

1.16.22

Genesis 2:2-3

Myths about Sabbath:

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

Exodus 16:22-30

Exodus 20:8-11

- The first 3 Commandments are about our _____ relationship with God.
- The last Commandments are about our _____ relationship with one another.
 - The Sabbath Commandment comes in the middle to show where the _____ 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) _____ for it.
- 2) _____ to ponder each Sabbath:
 - a) What gets my heart excited about my _____ with Jesus?
 - b) What brings _____ to God?
- 3) Involve _____
- 4) Be _____