



## Why & How Sabbath... 8/15/21

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

- 2 Chronicles 7:14

What surprised you from today's message?

What will stick with you about today's message?

What are you going to struggle with from this message?

What did you agree/disagree with from today's message?

<sup>7</sup> If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. <sup>8</sup> This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. — John 15



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### WHAT IS SABBATH?

What does the Bible say?

Shabbath

Shabath

Nuach

שַׁבָּת

שַׁבַּת

נוֹחַ

A day of rest. Personal resting... In the presence of God.

Sabbath is...

a \_\_\_\_\_ from God.

about \_\_\_\_\_.

to point to \_\_\_\_\_.

a day of \_\_\_\_\_ from all that...

### WHY DO WE SABBATH?

1. God wants us to \_\_\_\_\_.

2. We \_\_\_\_\_ if we don't.

3. We avoid \_\_\_\_\_.

### HOW DO WE SABBATH?

We take a break from broken rhythms of "hurry" & hardship to set aside time of submission to His rule & enjoyment of His presence...

When we Sabbath well, we become little resting places of God's presence.