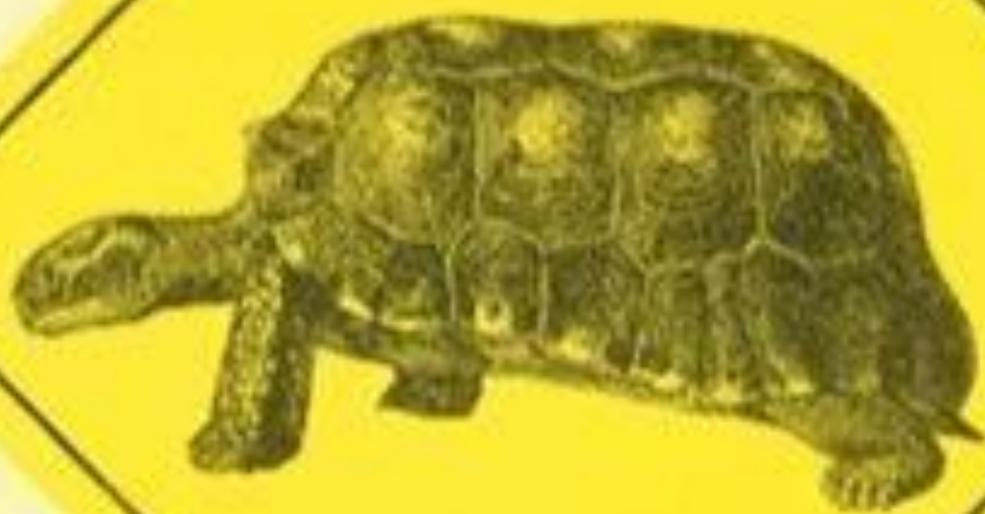


SLOW



DOWN!

Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labour and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.



By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

Genesis 2:2



Shabat in Hebrew means “to stop” or “cease” or “be complete,” but it can also be translated “to celebrate.”



“way of acting should be different than the world’s way; the love of Christ must come before all else”

Rule of Benedict 4: 20– 21



Sabbath:

1. A Decision to Rest



Sabbath:

1. A Decision to Rest
2. A Time to Remember



Sabbath:

1. A Decision to Rest
2. A Time to Remember
3. A Place to Heal



⁴ Then Jesus asked them, 'Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?' But they remained silent.

⁵ He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored. ⁶ Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.



The Sabbath comes to my door like a doctor, or should I say the Lord of the Sabbath comes like a doctor to patch me up. So I have my rules, but all I'm doing is creating an environment where it's easy for Jesus to do his healing work, week after week after week.

John Mark Comer



“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28 The Message



Sabbath:

1. A Decision to Rest
2. A Time to Remember
3. A Place to Heal