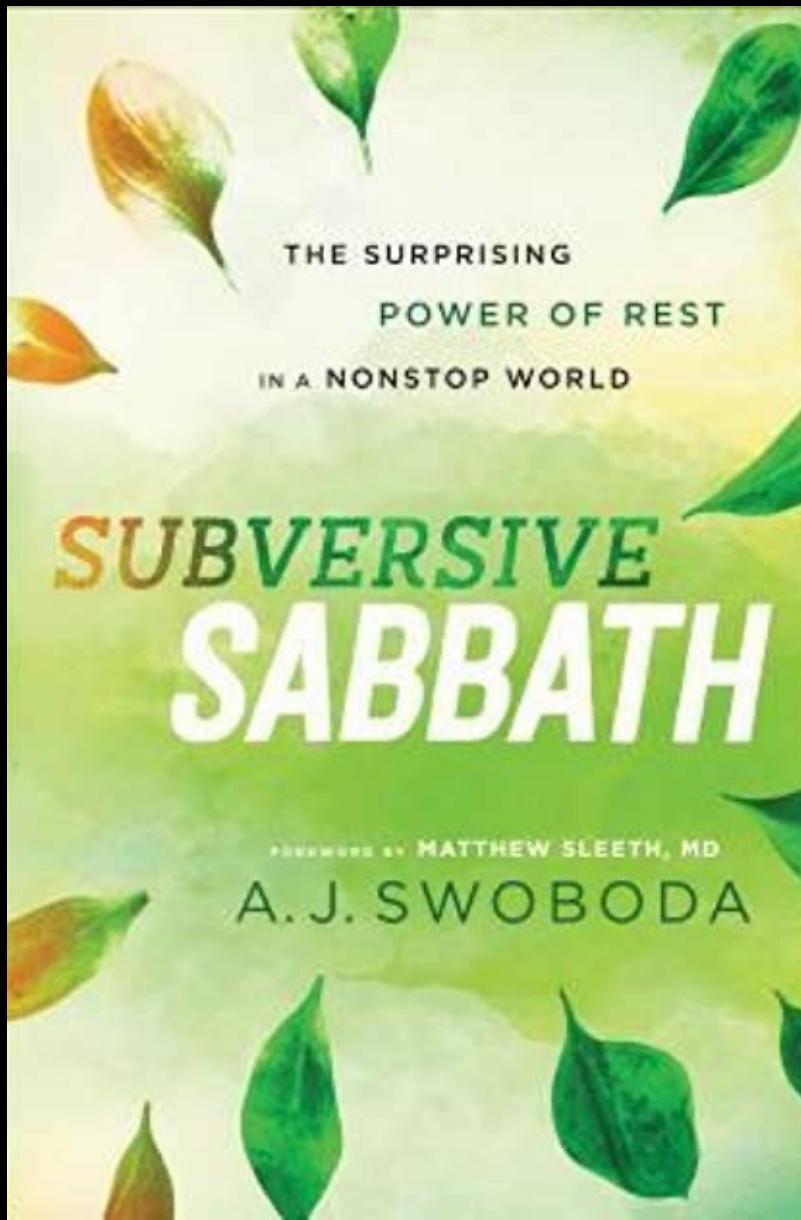
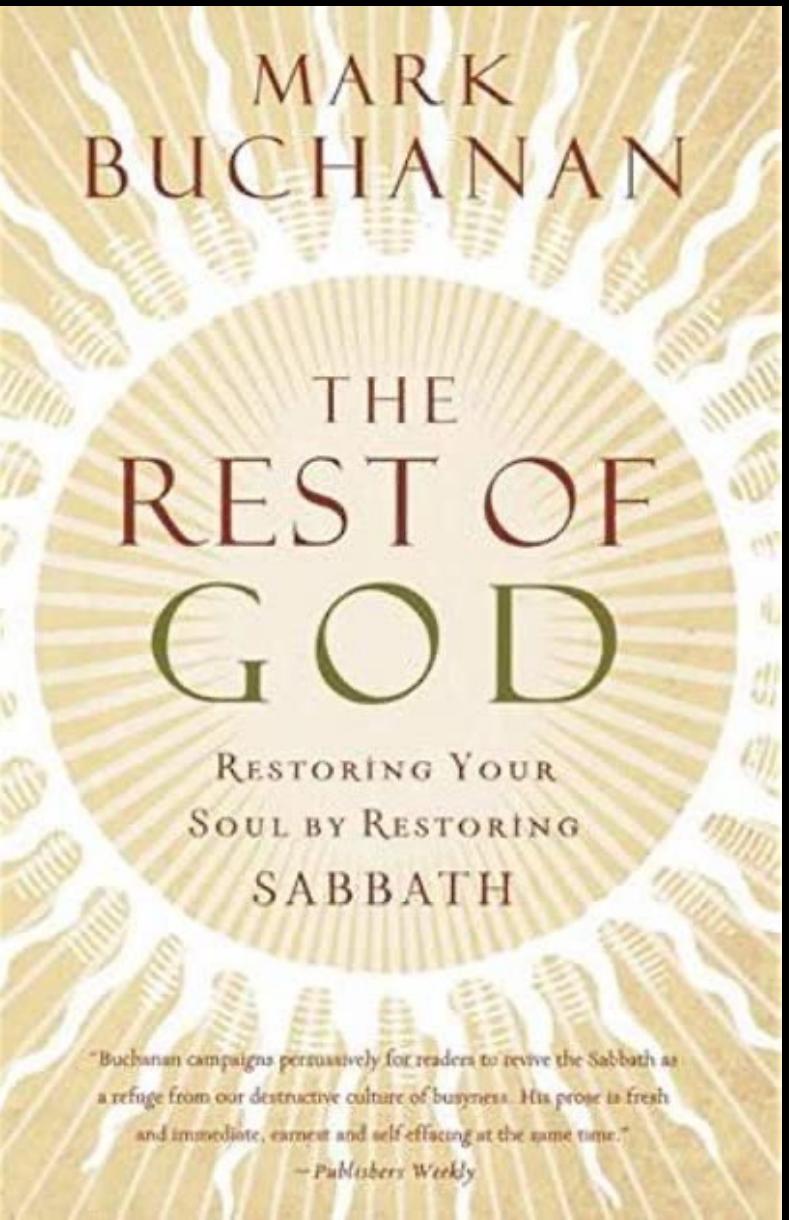
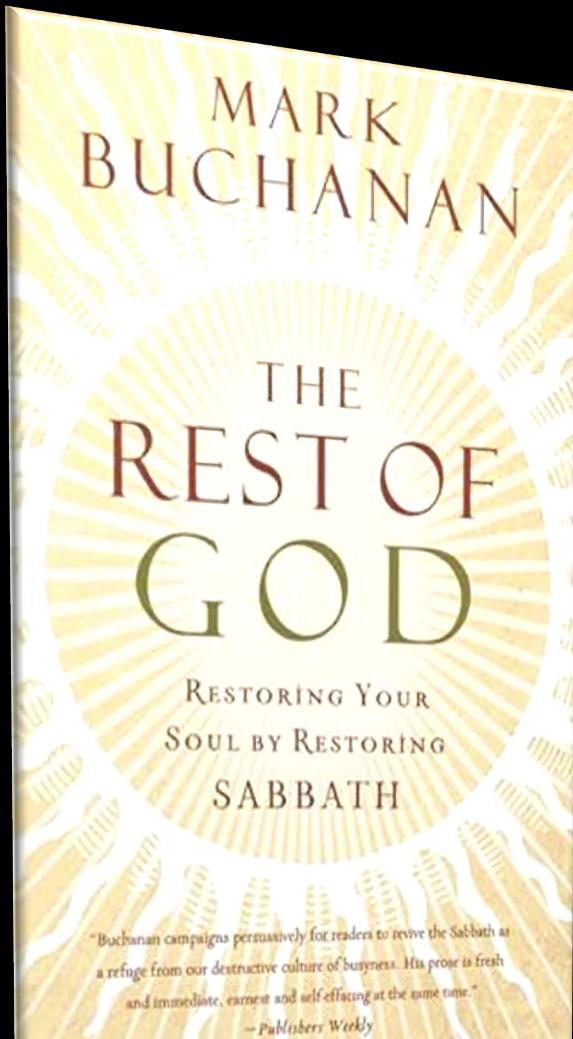


Shabbat Shalom

Rest







I don't think it's possible to benefit from a sabbatical if you've never learned to keep Sabbath. ...
Sabbatical is just doing daily, for several months of days, what you've already learned to do weekly, for many years of weeks.

Mark Buchanan, The Rest of God, p.147

Rest Is God's
DESIGN



EXODUS 23:10-12 (NIV)

For six years you are to sow your fields and harvest the crops, but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what is left. Do the same with your vineyard and your olive grove. Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.





Rest Is God's
GIFT



GENESIS 2:2-3 (NIV)

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



MATTHEW 11:28 (NIV)

Come to me, all you who are weary and burdened, and I will give you rest.



DISCONNECT for the Sabbath

Mark 1:35-36 NIV – Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!”



DECLUTTER Your Sabbath

Mark 6:30-32 NIV – The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place.



DONATE Some Sabbath

Philippians 2:4 NLT – Don't look out only for your own interests, but **take an interest in others**, too.

