



**Sabbath: God's Soul Rest**  
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**Key Thought:** Jesus is our Sabbath rest; a “welcome home” refuge for our soul

**Sabbath Rest (Colossians 2:16-17, Mark 2:27-28)**

**Hebrews 4**

The \_\_\_\_\_ of Rest ( Hebrews 3:3, 4-6)

The \_\_\_\_\_ of Rest (Hebrews 4:2, Numbers 20:12)

The \_\_\_\_\_ of Rest (Hebrews 4:9-10)

The \_\_\_\_\_ to Rest (Hebrews 4:11)

The \_\_\_\_\_ of Rest (Hebrews 4”14-16)

**What Does This Mean (Colossians 2:17)**

The Sabbath is a \_\_\_\_\_ of rest, not a \_\_\_\_\_ of obedience.

Jesus provides a \_\_\_\_\_ rest because of \_\_\_\_\_ and \_\_\_\_\_.

We join Jesus in telling the world “ \_\_\_\_\_ ”  
— come and rest.