



# SABBATH

FINDING REST IN A WORLD  
THAT NEVER STOPS

SABBATH

**God's Gift of Rest**  
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**Key Thought:** If you want to enjoy God's best, be intentional about reflection and rest.

## **Biblical Survey**

The \_\_\_\_\_ of the Sabbath. (Genesis 1:26-27, 2:1-3)

The \_\_\_\_\_ of the Sabbath. (Exodus 20:6-11)

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The \_\_\_\_\_ of the Sabbath. (Mark 2:26-28)

## **Seasons of Sabbath**

Time of \_\_\_\_\_ prayers (Mark 1:35)

A Sabbath \_\_\_\_\_ (Exodus 20:6-11)

Seasonal time every \_\_\_\_\_ (Leviticus 25:3-5)

Celebration time \_\_\_\_\_ years (Lev. 25:8-24)

## **Leaders Seeking God**

Moses (Exodus 20-32)

Elijah (1 Kings 19)

Jesus (Matthew 4, Luke 4)

Paul — (Acts 9:23-30, Galatians 1:18-24, Acts 11:19-26)

## **Finding Sabbath**

\_\_\_\_\_ God's way is best.

Pick \_\_\_\_\_ to unplug, reflect, and rest.

Start a \_\_\_\_\_ to allow you to disengage.

Set aside part of your \_\_\_\_\_ to unplug and reflect.