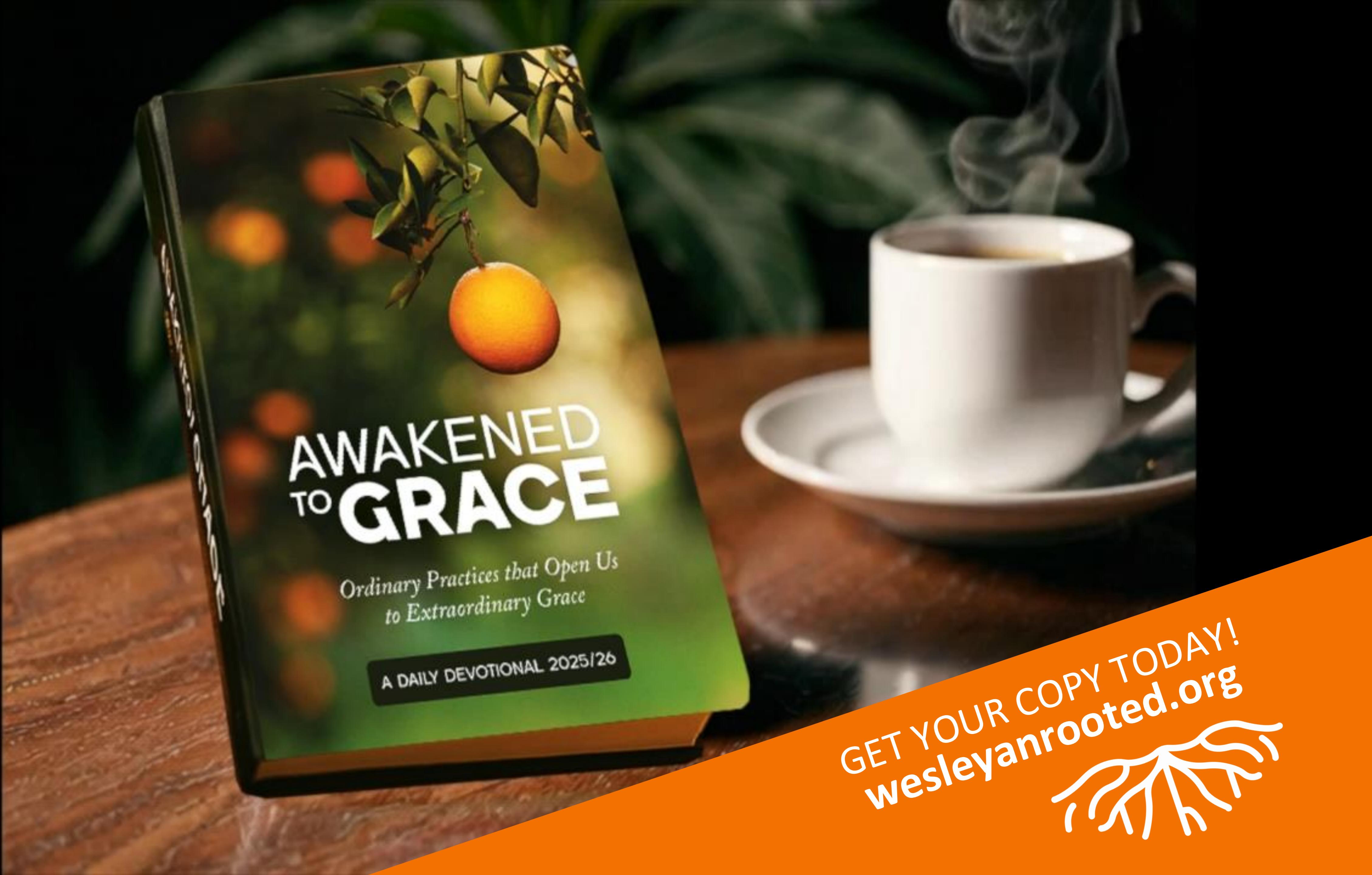




# AWAKENED TO GRACE



WEEK 5 • SABBATH

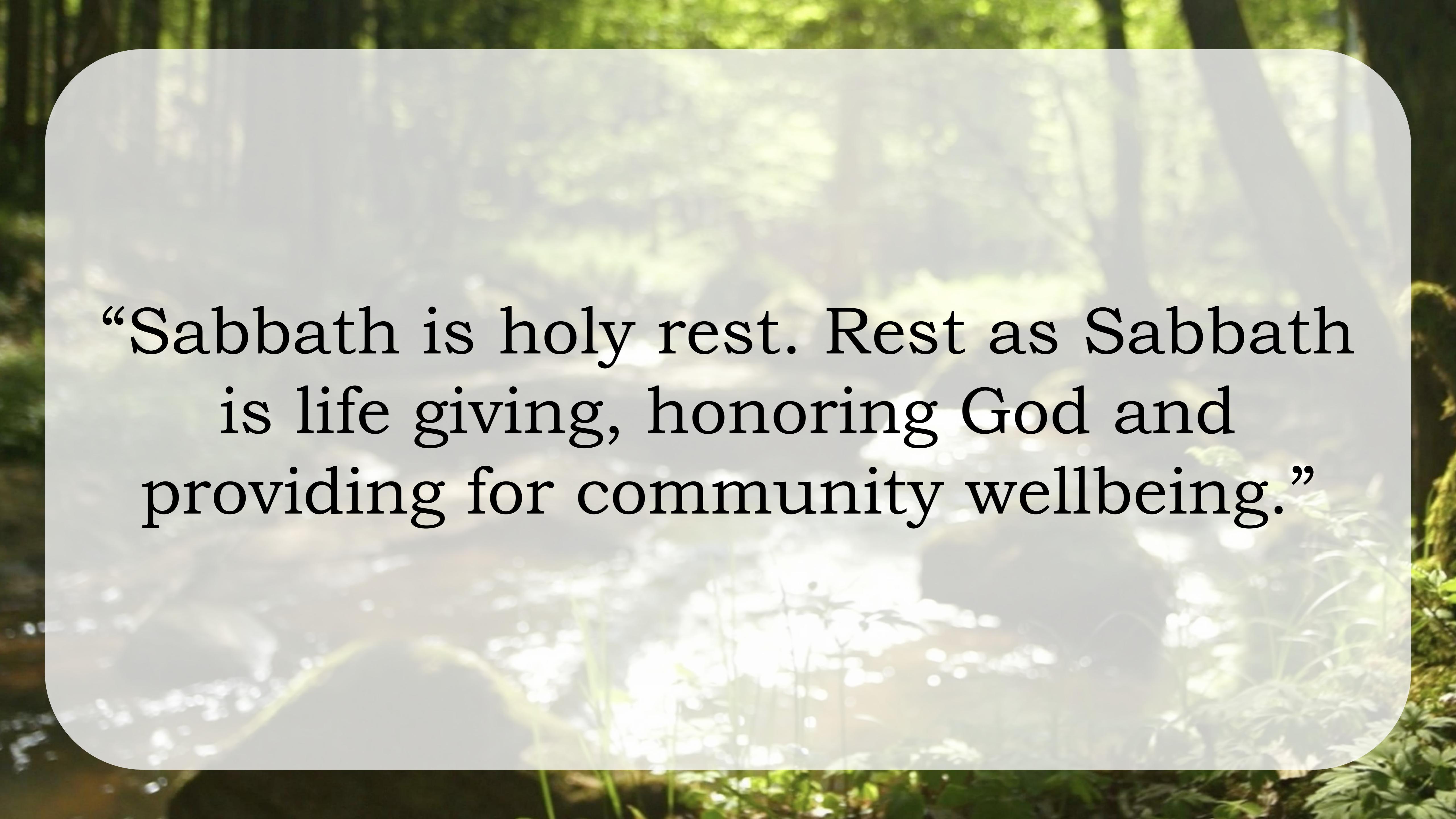


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”The SABBATH WAS MADE FOR HUMANKIND  
AND NOT FOR THE SABBATH, SO THE SON OF  
MAN IS LORD EVEN OF THE SABBATH.”

Mark 2: 27-28



“Sabbath is holy rest. Rest as Sabbath is life giving, honoring God and providing for community wellbeing.”

# SABBATH UNDERSTANDING

As integral to creation divine order

[Exodus 20: 8-11]

As Freedom from oppressive work

[Deuteronomy 5:12-15]

## Sabbath re-aligns sacred values

Elijah hearing the Lord's word

[1Kings 19:1-9]

and

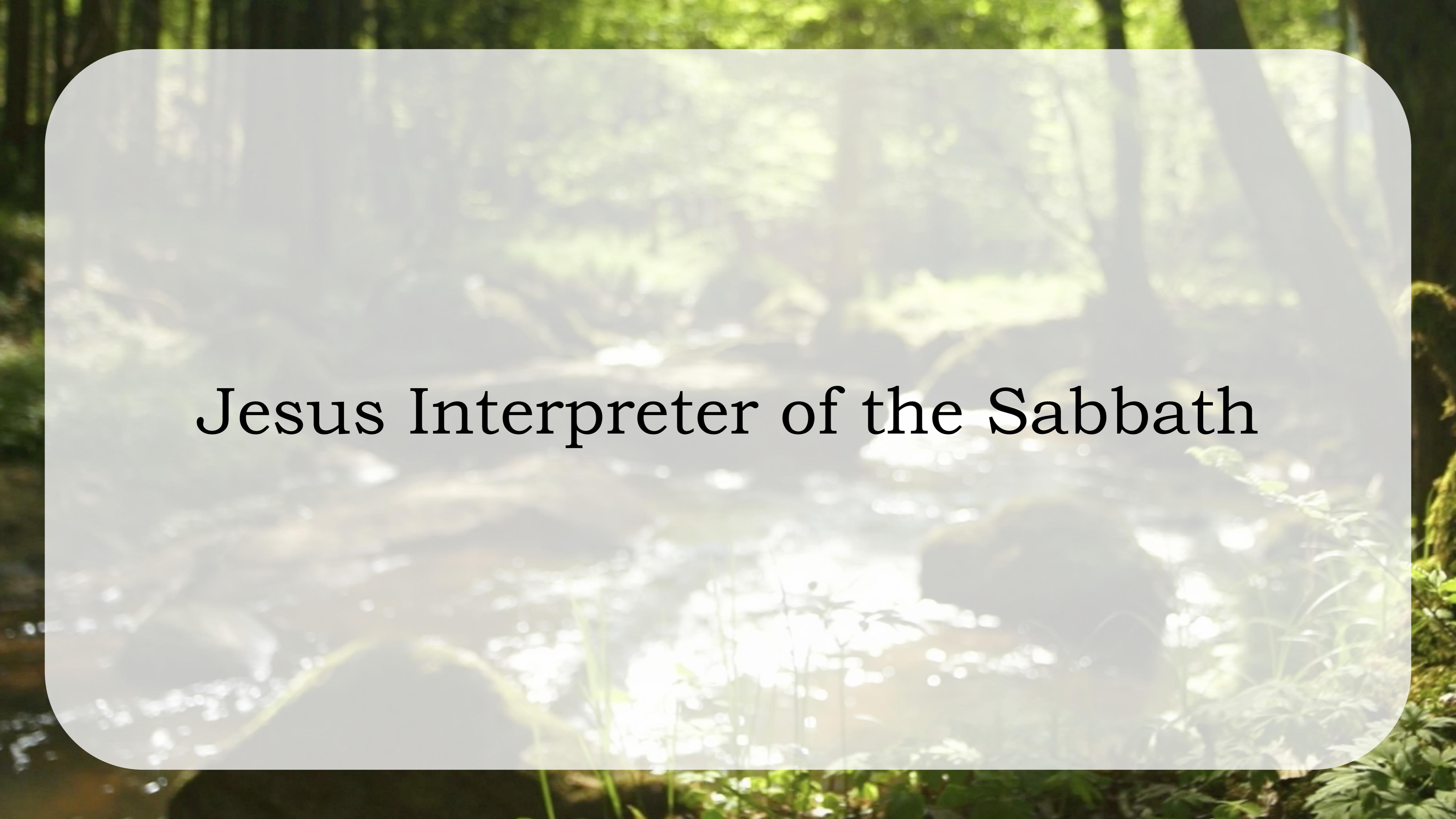
Nehemiah obedience to

commandments

[Nehemiah 10:31]

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# Jesus Interpreter of the Sabbath

## Promise Rest/Sabbath of Hebrews 4:9

<sup>9</sup> So you see that a sabbath rest is left open for God's people. <sup>10</sup> The one who entered God's rest also rested from his works, just as God rested from his own.

Hebrews 4:9-10 CEB



Practice  
Sabbath Day  
and  
Moments.

## PRAYER

Lord of the Sabbath, breathe into me rest, increase my faith, and use me to promote holy rest with all we meet. Amen.

