

What's the Big Deal About the Sabbath?

Genesis 2:1-3

The Sabbath gives us a pattern to follow.

Ex 20:8-11; Ps 121:3-4; Heb 10:24-25

The Sabbath gives us a promise to claim.

Heb 4:6-11

Takeaways:

Rest is a necessary part of the Christian life.

Sunday is not an extended Saturday.

The Sabbath is countercultural.