



A group of runners in a starting crouch on a track. A red battery icon with '0%' is overlaid in the center. The runners are wearing various athletic shoes and are positioned in a line, ready to start a race. The background shows a green field and a white pole.

0%



**Unless the Lord builds
the house, the work of the
builders is wasted.**

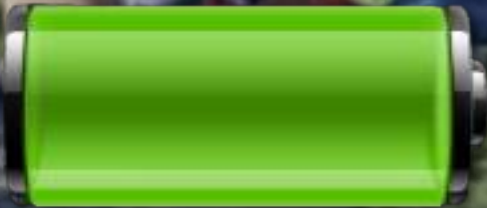
**Unless the Lord protects
a city, guarding it with
sentries will do no good.**

PSALM 127:1



**It is useless for you to
work so hard from early
morning until late at night,
anxiously working for
food to eat; for God gives
rest to His loved ones.**

PSALM 127:2



**“Come to me,
all who labor
and are heavy laden,
and I will give you rest.”**

MATTHEW 11:28



COME To Me!





GOSPEL OF
MARK
2:23-3:6

One Sabbath He was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain.



MARK 2:23-28

And the **PHARISEES** were saying to him, "Look, why are they doing what is not lawful on the Sabbath?"



MARK 2:23-28

SABBATH

'Sabat'

EXODUS 20:8-11



SABBATH

TO CEASE
TO
TO



SABBATH

TO CEASE
TO KEEP
TO



SABBATH

TO CEASE
TO KEEP
TO REST





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YOKE





Yoke of the

SABBATH

- TO CEASE
- TO KEEP
- TO REST




Yoke of the

SABBATH

- TO CEASE
- TO KEEP
- TO REST





Yoke of the
SABBATH

- TO CEASE
- TO KEEP
- TO REST



And He said to them, "Have you never read what David did, when he was in need and was hungry, he and those were with him:



MARK 2:23-28

How he entered the house of
God, in the time of Abiathar
the high priest, and ate the
bread of the Presence,



MARK 2:23-28

A photograph of a wooden table with two stacks of round, flat bread and a small brass cup. The bread is stacked on either side of the cup. The table has a decorative edge and is set on a stone floor. The background is dark and out of focus.

BREAD OF PRESENCE

1 SAMUEL 21:1-6



A photograph of a wooden table with a decorative edge. On the table, there are two stacks of round, flat bread. A small, ornate metal cup is placed between the two stacks. The background is dark and out of focus.

**The Sabbath
was made for man,
not man for the Sabbath.”**

MARK 2:27





**So, the Son of Man is
lord even of the Sabbath.**

MARK 2:28



Again He entered the
synagogue and a man was
there with a withered hand.



MARK 3:1-6

And they watched Jesus, to see whether He would heal him on the Sabbath, so that they might accuse Him.



MARK 3:1-6

And He said to the man with the withered hand, "Come here."



MARK 3:1-6

And He said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?"



MARK 3:1-6

But they were silent.



MARK 3:1-6

And He looked around at them with ANGER, grieved at their hardness of heart, and said to the man,



MARK 3:1-6

“Stretch out your hand.”
He stretched it out, and his
hand was restored.




MARK 3:1-6

The Pharisees went out and **immediately** held counsel with the Herodians against Him, how to destroy Him.



MARK 3:1-6



Lord of
SABBATH

HUMAN NEED > CEREMONIAL RULES



A busy city street scene, likely in New York City, featuring yellow taxis, pedestrians, and tall buildings. A large, dark silhouette of a person with their arms raised is superimposed over the center of the image. The word "SABBATH" is written in large, bold, white capital letters across the middle of the image.

SABBATH



SABBATH

“Therefore, do not let anyone judge you by what you eat or drink, or with regard to religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.”

COLOSSIANS 2:16-17



SABBATH

"One man considers one day more sacred than another; another considers every day alike. Each one should be fully convinced in his own mind."

ROMANS 14:5



RESTORE?

HE > i



RESTORE



TO CEASE

"Come here"

**Come to me, all who labor
and are heavy laden, and
I will give you rest.**

MATTHEW 11:28-30



HE>i



RESTORING...



TO KEEP

"Stretch out your hand"

**Take my yoke upon you,
And learn from me, for I am
gentle and lowly in heart.**

MATTHEW 11:28-30

HE>i



RESTORING...



TO REST

"And it was restored"

And you will find rest for your souls. For my yoke is easy, and my burden is light.

MATTHEW 11:28-30



HE > i



RESTORING...

A group of runners in a starting crouch on a track. A red battery icon with '0%' is overlaid on the image, indicating a lack of energy or readiness.

0%

"Do not be
deceived, bad
company corrupts
good character."

1 CORINTHIANS 15:33



HE > i

Godly Example

Someone you listen to,
emulate, respect, and gain
biblical inspiration from.



HE > i

Godly Example

Someone you listen to, emulate, respect, and gain biblical inspiration from.

Christian Friend

Someone who builds you up, defends you, cheers for you, and helps you succeed.



HE > i

Godly Example

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Spiritual Advisor

Someone who you can be confidential with, collaborate, and be held accountable.

HE > i

Godly Example

Someone you listen to, emulate, respect, and gain biblical inspiration from.

Christian Friend

Someone who builds you up, defends you, cheers for you, and helps you succeed.



Spiritual Advisor

Someone who you can be confidential with, collaborate, and be held accountable.

Personal Disciple

Someone who you believe in, invest into, and find motivation to have a good testimony for.

HE > i



COME
To Me!

RESTORE