



REST: THE PURPOSE
REST: THE SABBATH
REST: THE MARGIN

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WE REST FOR GOD'S PURPOSE

WE SABBATH FOR GOD'S PURPOSE

A misty mountain landscape with evergreen trees in the foreground and rolling hills in the background. The scene is serene and atmospheric, with soft light filtering through the haze.

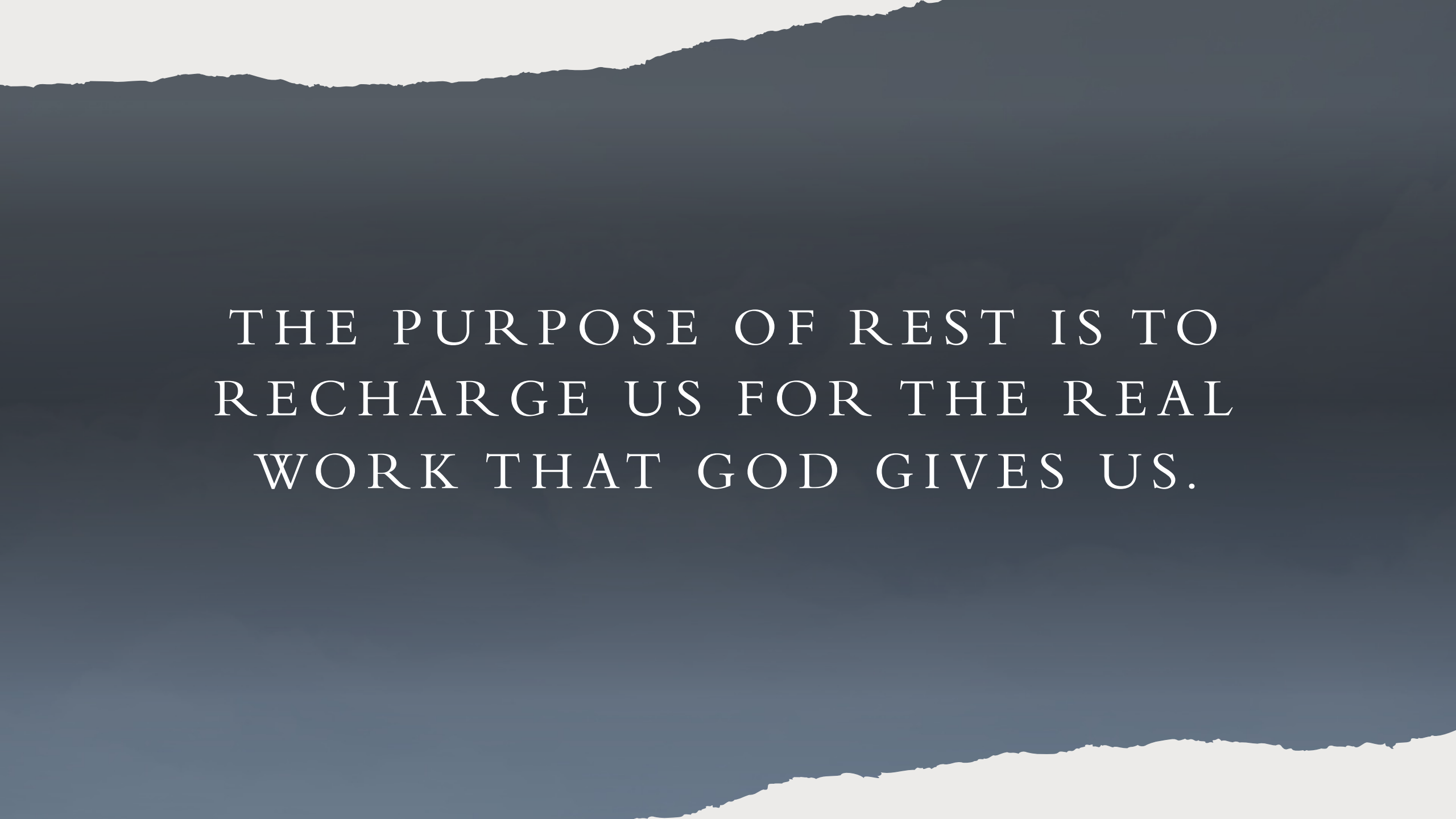
4 RHYTHMS OF SABBATH

STOP

REST

DELIGHT

WORSHIP



THE PURPOSE OF REST IS TO
RECHARGE US FOR THE REAL
WORK THAT GOD GIVES US.



HOW YOU RESPOND TO
INTERRUPTIONS IS WHO YOU ARE.

C.S. LEWIS

MARK 5:24

*AND A GREAT CROWD FOLLOWED HIM AND
THRONGED ABOUT HIM. 25 AND THERE WAS A
WOMAN WHO HAD HAD A DISCHARGE OF
BLOOD FOR TWELVE YEARS, 26 AND WHO HAD
SUFFERED MUCH UNDER MANY PHYSICIANS,
AND HAD SPENT ALL THAT SHE HAD, AND WAS
NO BETTER BUT RATHER GREW WORSE.
27 SHE HAD HEARD THE REPORTS ABOUT
JESUS AND CAME UP BEHIND HIM IN THE
CROWD AND TOUCHED HIS GARMENT.*

*28 FOR SHE SAID, “IF I TOUCH EVEN HIS
GARMENTS, I WILL BE MADE WELL.” 29 AND
IMMEDIATELY THE FLOW OF BLOOD DRIED UP,
AND SHE FELT IN HER BODY THAT SHE WAS
HEALED OF HER DISEASE. 30 AND JESUS,
PERCEIVING IN HIMSELF THAT POWER HAD
GONE OUT FROM HIM, IMMEDIATELY TURNED
ABOUT IN THE CROWD AND SAID, “WHO
TOUCHED MY GARMENTS?”*

*THE WOMAN NEEDED & EXPERIENCED REST
JESUS FELT HER NEED FOR REST
JESUS STOPPED TO MEET HER NEEDED REST*

31 AND HIS DISCIPLES SAID TO HIM, “YOU SEE THE CROWD PRESSING AROUND YOU, AND YET YOU SAY, ‘WHO TOUCHED ME?’” 32 AND HE LOOKED AROUND TO SEE WHO HAD DONE IT. 33 BUT THE WOMAN, KNOWING WHAT HAD HAPPENED TO HER, CAME IN FEAR AND TREMBLING AND FELL DOWN BEFORE HIM AND TOLD HIM THE WHOLE TRUTH. 34 AND HE SAID TO HER, “DAUGHTER, YOUR FAITH HAS MADE YOU WELL; GO IN PEACE, AND BE HEALED OF YOUR DISEASE.”

JESUS SPOKE REST INTO HER SOUL



SABBATH REST LIVING
MAKES MARGIN IN THE
PLACES OF PRESSURE
AND BRINGS REST

APPLICATIONS

SABBATH REST LIVING MAKES MARGIN
IN THE PLACES OF PRESSURE
AND BRINGS REST

- 1. SENSE OTHERS NEED FOR REST*
- 2. STOP TO MAKE ROOM FOR REST*
- 3. SPEAK “REST” FOR OTHERS*

*IS YOUR SABBATH REST LIVING LEAVING
ROOM FOR DIVINE INTERRUPTIONS?*