

# Sabbath

May 21, 2017

NOTES:

**1. We were created to rest.** (Exodus 20:8-11, Genesis 1:31)

**2. Sabbath is Holy** (Genesis 2:3)

**3. The Benefits of Sabbath**

1. Protects
2. Refuels
3. Refreshes

**4. The difference between a day off and Sabbath**

QUESTIONS:

**5. Ideas for Sabbath**

1. Is this Rest and is this Worship?
2. Be intentional
3. Get rid of electronics and other distractions
4. Do something refreshing

1. What is one way you can be more intentional in the discipline of Sabbath?

2. What might you have to get rid of in order to be effective?

3. What can you do for refreshment during your Sabbath?