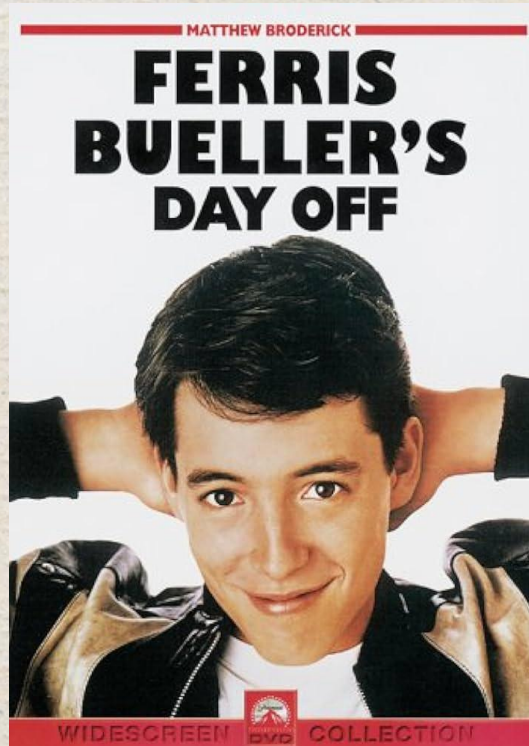
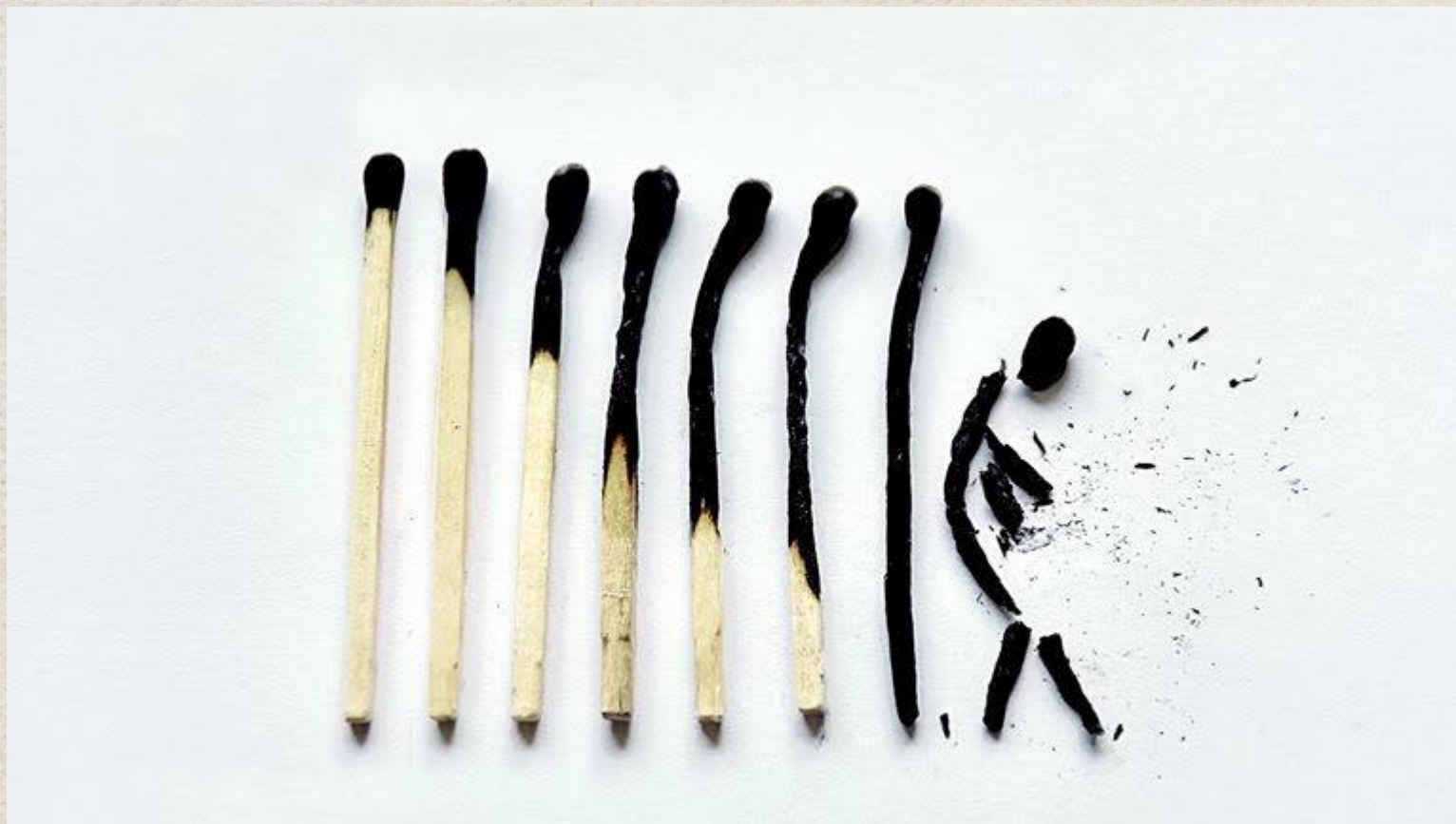


**Life moves pretty fast. If you don't  
stop and look around once and a  
while, you could miss it.**



Unhurried





Un hurried





Un



hurried



**The Gift of Rest**



## Sabbath Background

<sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Genesis 2:2-3 (ESV)

Unhurried



8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

Unhurried



# **The Sabbath**

## **Binding Command or Good Principle?**

**5** One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.

Romans 14:5

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# The Gift of Rest

1. Rest is an act of faith
2. Rest is a celebration of our design
3. Rest is a mark of our freedom

Unhurried



# Rest: An Act of Faith

## The Protestant Work Ethic



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# Rest: An Act of Faith

## The Protestant *REST* Ethic

It is in vain that you rise up early  
and go late to rest,  
eating the bread of anxious toil;  
for he gives to his beloved sleep.  
Psalm 127:2

Unhurried



# Rest: An Act of Faith

## The Protestant *REST* Ethic

He will not let your foot be moved;  
he who keeps you will not slumber.

Behold, he who keeps Israel  
will neither slumber nor sleep.

Psalms 121:3-4

Unhurried



# Rest: An Act of Faith

## The Protestant *REST* Ethic

I lay down and slept;  
I woke again, for the LORD sustained me.  
Psalm 3:5

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# Rest: An Act of Faith

The Risk of Rest  
Ceasing from work



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# Rest: An Act of Faith

It Takes Work to Rest

This is harder for some than for others



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# Rest: An Act of Faith

“You have to go slow to go fast.”



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# Rest: An Act of Faith

## Questions to Consider:

What fears or doubts are hindering you from engaging in regular, God-honoring rest?

How would your rest be different if you brought those fears and doubts to the Lord?

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# Rest: A Celebration of our Design

It is consistent with how you were made

- You were never made to do it all.
- You are not God.

These are good things!



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# Rest: A Celebration of our Design

And [Jesus] said to them, "The Sabbath was made for man, not man for the Sabbath.

Mark 2:27



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# Rest: A Celebration of our Design

How then shall we rest?



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# Rest: A Celebration of our Design

## Questions to Consider:

When you have down time, what do you do to rest?

Does it refresh you for God's service?  
If not, what would?

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## Rest: A Mark of our Freedom

Observe the Sabbath day, to keep it holy, as the LORD your God commanded you... You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.  
Deuteronomy 5:12,15

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# Rest: A Mark of our Freedom

Jesus perfectly honored the Father  
with his work and rest



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# Rest: A Mark of our Freedom

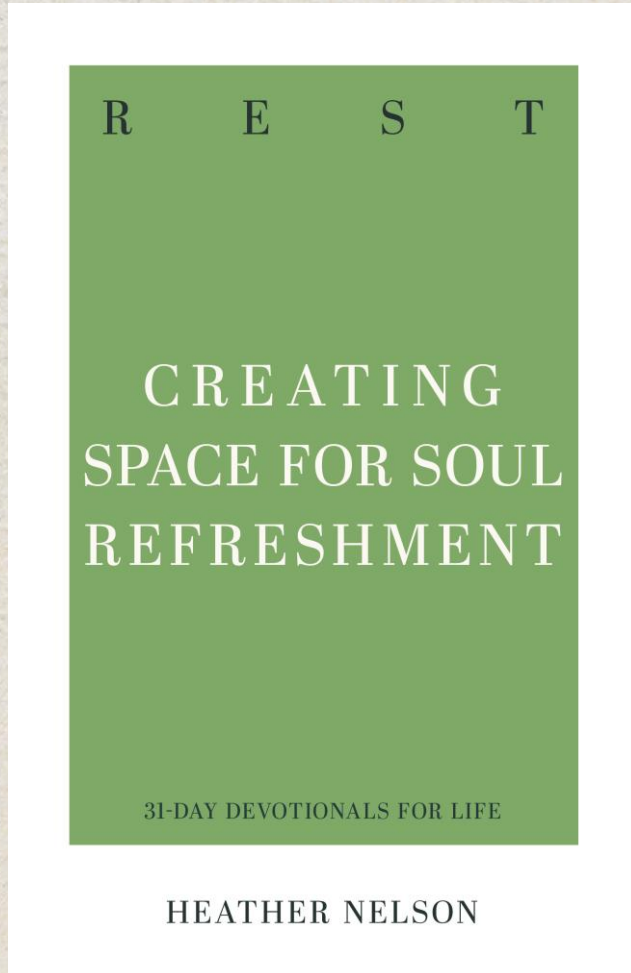
Jesus perfectly honored the Father  
with his work and rest  
but he still died the death of a Sabbath breaker.



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# Rest: A Mark of our Freedom



We wear “busy” like a badge to indicate our worth, when the reality is that it’s a chain that is keeping us enslaved.

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# Rest: A Mark of our Freedom

## Questions to Consider:

What is one step you can take to help ensure that your schedule more clearly proclaims the Gospel you believe in?

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# The Gift of Rest

1. Rest is an act of faith
2. Rest is a celebration of our design
3. Rest is a mark of our freedom



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