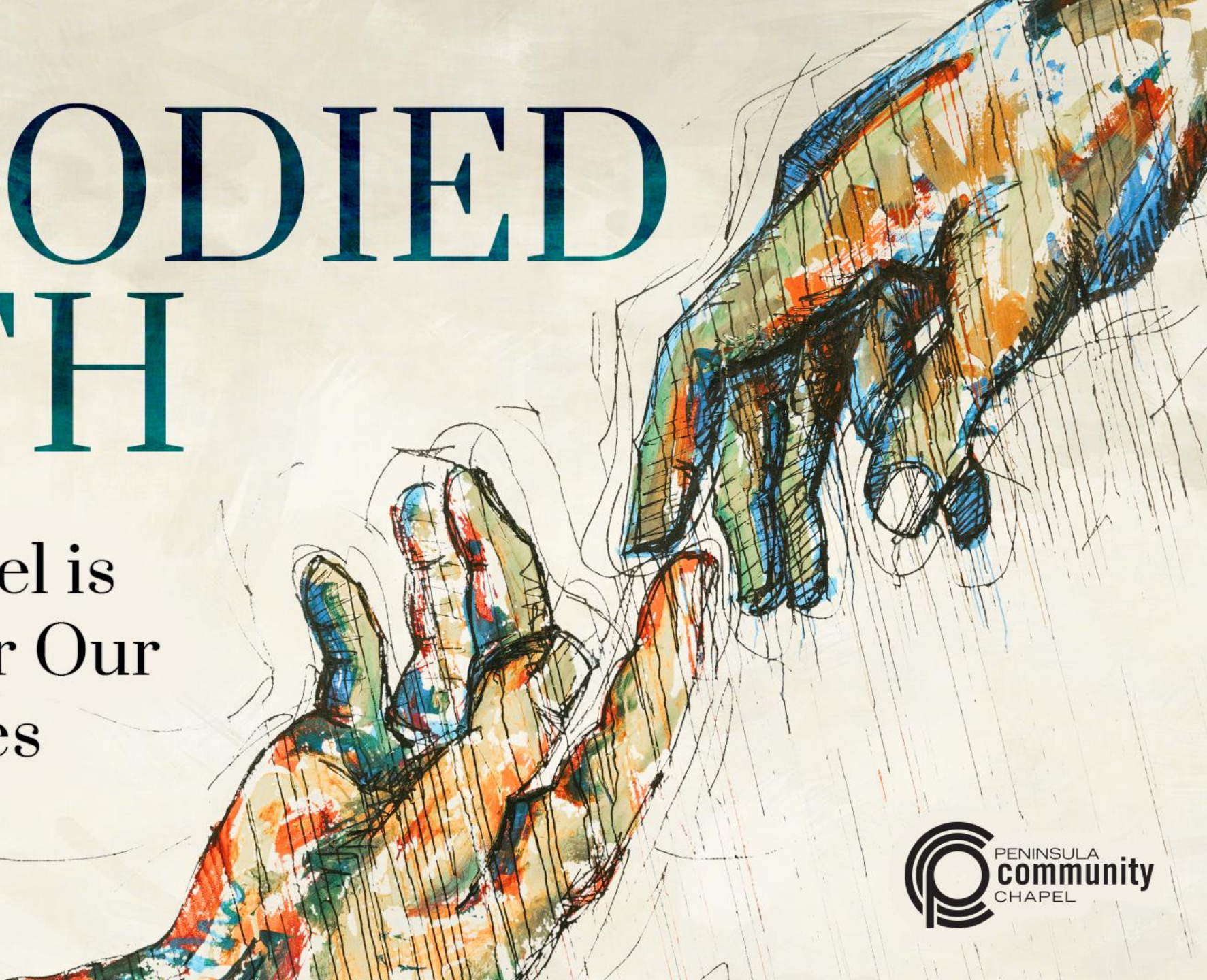


EMBODIED FAITH

How the Gospel is
Good News for Our
Physical Bodies



Rest & Recreation

Rest is part of God's good design.

Recreation should be fuel for our souls.

Rest

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. 2 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. 3 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.

“Sabbath” Hebrew: שַׁבָּת *Shabbat* – “to cease, end, or rest.”

Mark 2:27 “The Sabbath was made for man.”

4th Commandment

Exodus 20:8-11

“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 heaven and 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.”

“Am I Resting or Just Being Lazy?” – Amy DiMarcangelo

1. Rest should have a rhythm.

“Am I Resting or Just Being Lazy?” – Amy DiMarcangelo

- 1. Rest should have a rhythm.**
- 2. Rest should refresh.**

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- 1. Rest should have a rhythm.**
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- 3. Rest should reorient.**

“Am I Resting or Just Being Lazy?” – Amy DiMarcangelo

- 1. Rest should have a rhythm.**
- 2. Rest should refresh.**
- 3. Rest should reorient.**
- 4. Rest bears good fruit.**

Hebrews 4:9-11

So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Recreation

Laziness is forbidden (Proverbs 6:6) but not recreation.

All things done for the glory of God (1 Corinthians 10:31).

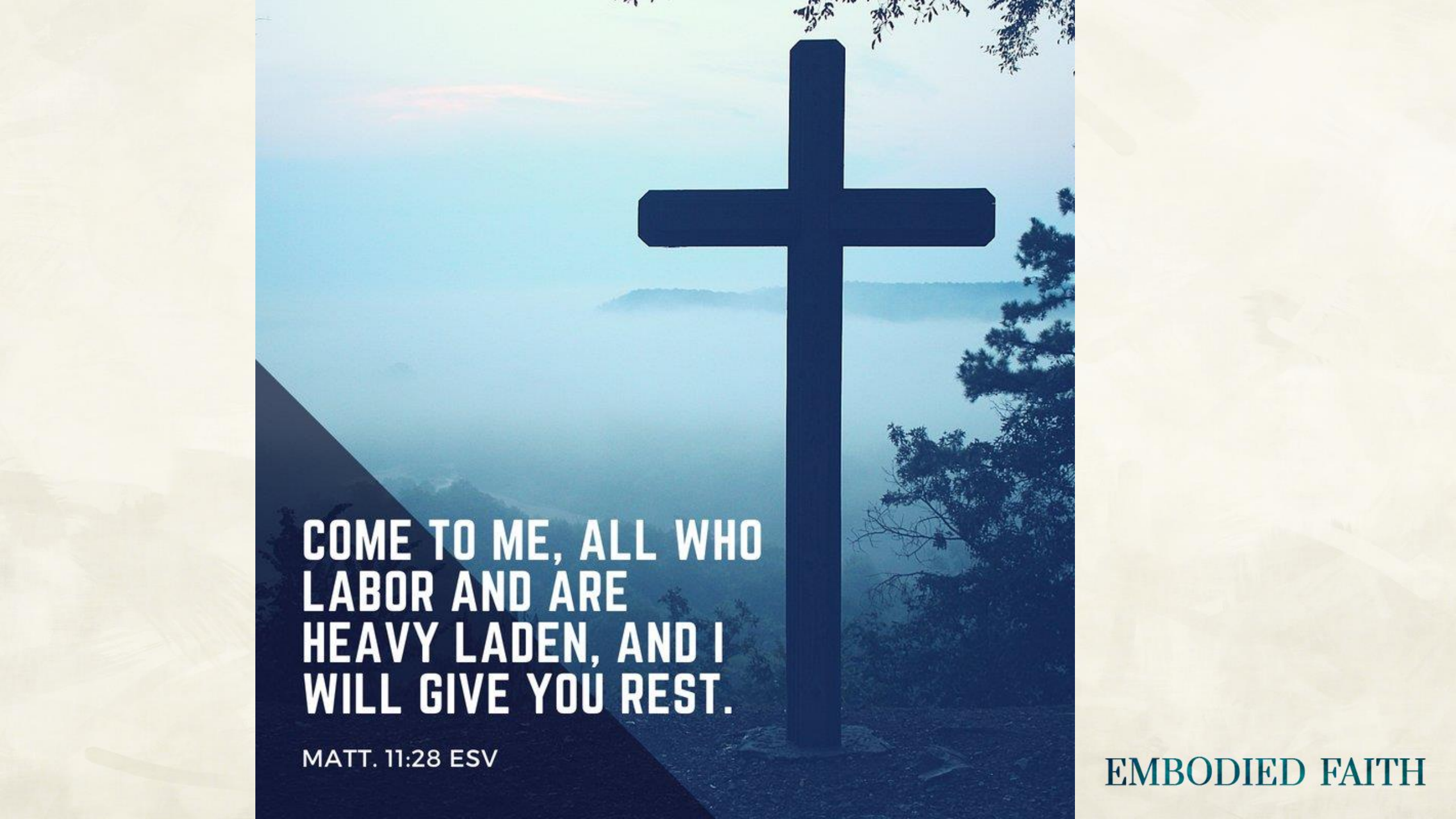
“We are not meant to be perpetually solemn...we must play.” – C.S. Lewis *The Weight of Glory*.



EMBODIED FAITH

“Play is a unique, God given, universal, human experience.” – Erik Thoennes





**COME TO ME, ALL WHO
LABOR AND ARE
HEAVY LADEN, AND I
WILL GIVE YOU REST.**

MATT. 11:28 ESV

EMBODIED FAITH