

Rest: SDS Syndrome
Al Gascon | July 9, 2023

⇒ Exhaustion affects yourself, your loved ones, your work, and your mission as a Christian.

Exodus 16:21-23
Genesis 2:8-9, 15

⇒ Adam and Eve both inside and outside of the Garden were not commanded to rest or remember the Sabbath.

⇒ The Sabbath was not given as an ordinance or command until a persecuted and beaten down group of people known as the Hebrews were taken out of slavery and captivity.

- a. The Sabbath was a day of refreshment.
 - Exodus 31:16-17
- b. The Sabbath was a counter cultural sign to Israel and the nations.
 - Exodus 23:10-12
- c. The Sabbath was a day of remembrance.
 - Exodus 20:9-11
 - Deuteronomy 5:15