



FOUNDATIONS

WE ARE BUILT ON HIS NAME

The Lord passed before him and proclaimed,
“**The Lord, the Lord**, a God merciful and
gracious, slow to anger, and abounding in
steadfast love and faithfulness, keeping
steadfast love for thousands, forgiving
iniquity and transgression and sin, but who
will by no means clear the guilty, visiting the
iniquity of the fathers on the children and
the children's children, to the third and the
fourth generation.” - **Exodus 34:6-7**

SABBATH

WHAT IT IS NOT...

- The Purpose of Personal Pampering
- A Waste of Time or Unnecessary
- Laziness

WHAT IT IS...

- Resting to Honor God – In Holiness
- Reflection and Trust in God
- Accepting Jesus' Rest, Jesus' Teaching, & Jesus' Leading

Biblical Sabbath

God: Rests & Blesses the 7th Day
(Genesis 2:2-3)

God – To His People: Manna – “On the Sixth Day Gather Twice as Much as the Other Days” (Exodus 16)

God - Moses: The 4th Commandment (Exodus 20)

Moses – To God’s People: Remember the Sabbath & Rest – You are No Longer Slaves (Deuteronomy 5:12-15)

God - Moses: Day for Holy Meeting, Rest, & For Everyone (Leviticus 23:3)

God – To His People: Keep the Sabbath, Make it Joyful, Honoring, & God Focused (Isaiah 58:13-14)

Jesus: “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27-28)

Jesus: Says He is the Lord of the Sabbath (Matthew 12:1-8)

First Century Church: Sabbath Rest is Still Needed & Available Through Jesus (Hebrews 4:9-10)

Two Forms of Rest -

- Hebrew *Shabat* Means To “Cease From.”
 - God Ceases From His Work Because “It Is Finished” (Gen. 2:1)
- Hebrew *Nuakh* Means To “Take Up Residence.”
 - God’s People *Take Up Residence In God* & “Rest In Him.”

All Week We Should Be “Rested In”
God – One Day a Week We Should
STOP & “Rest With” God.

Sabbath With Our WHOLE Life

Sabbath Implements God's Presence & Rule Through Freedom From Slavery.

- (Deuteronomy 5:12-15)

- No Longer a Slave to ANYTHING!
- We can now...
 - “Reside” in God
 - “Rest” with God

We Rest In & With Christ

The Sabbath Is That Point In Time
Where God And Man Meet

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” – John 10:10

Jesus Performs Miracles - Power Over
Jesus Preaches Mercy & Grace - Power In

Rest in His Learning & His Lordship

Learning: (Rest In)

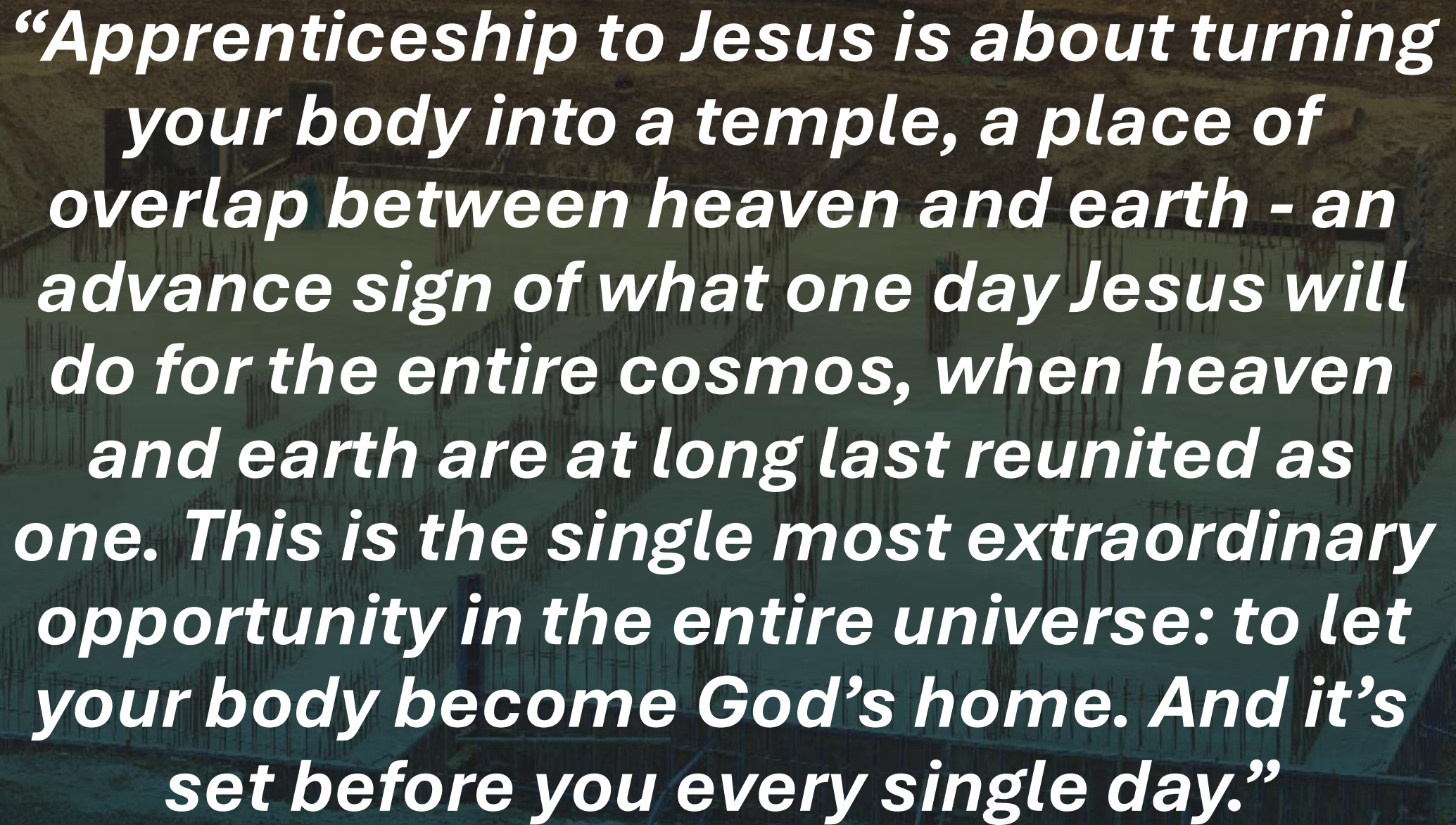
*“Take My **Yoke** upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and My burden is light.”*

- Matthew 11:29-30

Lordship: (Rest With)

*“So, the Son of Man is **Lord** even of the Sabbath.”*

- Mark 2:28



“Apprenticeship to Jesus is about turning your body into a temple, a place of overlap between heaven and earth - an advance sign of what one day Jesus will do for the entire cosmos, when heaven and earth are at long last reunited as one. This is the single most extraordinary opportunity in the entire universe: to let your body become God’s home. And it’s set before you every single day.”

- John Mark Comer– “Practicing the Way”



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