

BECOMING LIKE JESUS
"SABBATH"
SEPT. 20TH, 2026

Big IDEA: The Sabbath is not an invitation to do _____, but to be with God _____.

How can you begin to practice the Sabbath?

1. _____ **God by** _____
 - a. Sabbath means to "_____" or "_____."
 - b. Taking a "_____" is not the same thing as observing the Sabbath.
2. _____ **God by** _____
3. _____ **God by** _____
4. _____ **God by** _____

Notes:

Monday

Your value is not determined by how much you accomplish or produce. Before Adam and Eve ever worked, God gave them rest. It was a gift, not a reward for a full week of hard work. *Where have you been measuring your value by what you accomplish?*

Tuesday

Your work will probably never be completely finished. Choosing to stop reminds you that God is still working even when you aren't and is an exercise in releasing control and trusting God. *What do you need to trust God enough to leave unfinished?*

Wednesday

Sabbath isn't only about what you stop doing; it's also about enjoying what God has given you. Good food, family, friendship, laughter, and creation can all turn our hearts toward Him. *What is one gift from God you can slow down and enjoy today/this week?*

Thursday

We spend a lot of time thinking about what needs to happen next and forget to remember what God has already done. Looking back at His faithfulness helps us to worship the Lord and trust Him with what is ahead. *What has God done recently that you don't want to forget? Do you keep a journal to record how He has worked in your life?*

Friday

We often live as if everything depends on us, even our relationship with God. But on the cross Jesus said, "It is finished." Our deepest rest comes not from observing the Sabbath but from trusting what He has already done for us. *Where do you need to stop striving and simply rest in what Jesus has done?*