



## June 26, 2022 | Part 4: Don't Just Do Something, Stand There

---

**Exodus 20:8-11** “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

**Genesis 1:27-31**

**Genesis 2:1-4**

**Exodus 23:12** “Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.

### The One Thing

My Soul Needs a God-Defined Rhythm of \_\_\_\_\_ and  
\_\_\_\_\_ So that My Soul Can Find \_\_\_\_\_.

**Mark 6:30-32**

**Psalms 46:10**

### Every Sabbath Is an . . .

- Invitation to Embrace a Life that Revolves Around Jesus, not Me.
- Invitation to See that Everything Proceeds from My Relationship with Jesus.
- Invitation to Work from Rest Rather than Work to Rest.
- Invitation to Receive Grace.
- Invitation to Trust that I am Not What I Do. I am His Child, and He Not Only Loves Me, But He Wants to Spend Time with Me.

## Does the Sabbath Apply to Christians?

**Colossians 2:16-17** Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. <sup>17</sup> These are a shadow of the things that were to come; the reality, however, is found in Christ.

**Mark 2:23-27** One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" <sup>25</sup> He answered, "Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." <sup>27</sup> Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

### Two Keys for Those Who Struggle with Stopping:

1. Commit to \_\_\_\_\_.
2. \_\_\_\_\_ It.

### What Would I Do on a Sabbath Day?

1. Refocus my \_\_\_\_\_.
2. Renew my \_\_\_\_\_.
3. Recharge My \_\_\_\_\_.

### Practicing Sabbath Provides Three Weekly Reminders:

1. The Sabbath Reminds Me to Admit My \_\_\_\_\_ – I'm Not \_\_\_\_\_.
2. The Sabbath Reminds Me to Accept My \_\_\_\_\_ – I'm Not \_\_\_\_\_.
3. The Sabbath Reminds Me to Adjust My \_\_\_\_\_ – I'm Not in \_\_\_\_\_.