

The Rhythm of Daily Life and Sabbath! Part 2

Gen 1:31-2:3, Exodus 31:12-17, Romans 14:4-6a

1. You and I have been created and designed to live with a weekly _____.
2. The word Sabbath comes from a Hebrew word that means “to _____”, to _____ working.”
 - a. It refers to a unit of time that we are to reorient our lives as “Holy” Gen 2:3
3. When we observe the Sabbath we affirm that God is the _____ and _____ of our lives.
4. If God commands we take a Sabbath what should that look like?
 - a. _____; that is not what the Sabbath is about. Romans 14:5-6
5. Four qualities of a biblical Sabbath that we should be practicing.
 - I. “_____” - stop the normal _____ of life. Psalm 46:10
 - II. “_____” - Sabbath calls us to rest. Gen 2:2
 - a. What is the definition of Sabbath rest? - “whatever _____ and _____ you!”
 - III. “_____” - Delighting in what God has given us. Genesis 1:31
 - IV. “The _____ of God”. - The Sabbath is always “Holy” to the Lord. Exodus 31:15
 - a. Includes _____ with God’s people for worship; reading and study of scripture.
 - b. What does it mean in your life to _____ yourself for worship and to receive the word of God?
6. _____ is receiving a gift of a snow day every week.
 - a. The practice of the “Daily Office” and “Sabbath Keeping” calls us to slow down to _____ rhythm.

Exodus 20:8-11 “Remember the Sabbath day by keeping 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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 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.”