

# SABBATH

## PART 5, "Sabbath and Us"

Today's Text: Hebrews 3-4

What does \_\_\_\_\_ actually say about one of the most misunderstood, ignored, necessary, and delightful commands ever given?

Where is it \_\_\_\_\_?

- Sabbath goes back to the BEGINNING
- In the OT, Sabbath set the HEBREWS apart
- In the time BETWEEN the Testaments, people developed a wide range of beliefs and practices
- If you want to understand Sabbath, become a DISCIPLE of Jesus!
- For Paul, it's ALL about CHRIST and authentic CHRISTIAN COMMUNITIES that are living and sharing the good news of King Jesus
- The Book of Hebrews provides a helpful SABBATH SUMMARY

Observing the Sabbath \_\_\_\_\_

- Honors, imitates, and deepens your walk with GOD
- Provides a weekly reminder that CHRIST is the vine and we are the branches
- Strengthens COMMUNITY
- Provides protections for the MARGINALIZED
- Provides protections the rest of GOD'S CREATION
- Promotes important DISCIPLINES
- Builds margin and rest into our WEEKLY rhythm
- Reminds us of God's kindness, patience, and GRACE
- Reminds us of the Sabbath jubilee and rest TO COME!
- Provides a COMPELLING WITNESS to those who are weary and watching
- And more!

How does your \_\_\_\_\_?

- There's a different kind of rest that follows GOOD WORK and CAREFUL PREPARATION
- Are you prioritizing a WEEKEND of ceasing, reflecting, reconnecting, and worship that anticipates Jesus' return?
- Have you set your compass to "OBSERVE and ENJOY" (not overcorrecting to "DISMISS and DISMISSIVE" or "COMPLY and JUDGE")
- Abundant FRUIT of the SPIRIT is an indicator that you're trending the right direction
- ANXIETY, IRRITABILITY, GREED, and SELF-CENTEREDNESS are indicators that you're drifting away
- Is the Lord of the SABBATH the Lord of your DEVICES?

Remember, God is \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_!

Go to [Emmanuel.Church/Resources](http://Emmanuel.Church/Resources) for a deeper dive!

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