

Sunday, July 7, 2019  
Let's Feast! – Sabbath  
Leviticus 23:1-3

FULL TEXT: Leviticus 23:1-3

1. Sabbath is a day of dedicated rest to remember and celebrate God's work

FULL TEXT: Exodus 20:8-11

FULL TEXT: Genesis 2:1-3

- a. Sabbath rest is modeled by God after creation
  - b. Sabbath rest is an act of faith
2. God has created us for both work and rest
    - a. Our physical limitations are met with a requirement of rest
    - b. Our physical limits are windows into our spiritual, eternal reality
    - c. Our physical limitations point us to Jesus, the One without limits

FULL TEXT: Matthew 11:28-30

We find true rest not in just stopping from work, but in turning to the One who has worked for us

3. Ignoring God's design for Sabbath
  - a. We choose passive escape rather than active rest
  - b. We work hard and hardly rest
4. Restoring God's design for Sabbath
  - a. Start by stopping
  - b. Remember and celebrate God's work
5. 4 Practical P's for Sabbath
  - a. Push through the awkward
  - b. Prioritize presence
  - c. Plan ahead
  - d. Pursue Jesus

