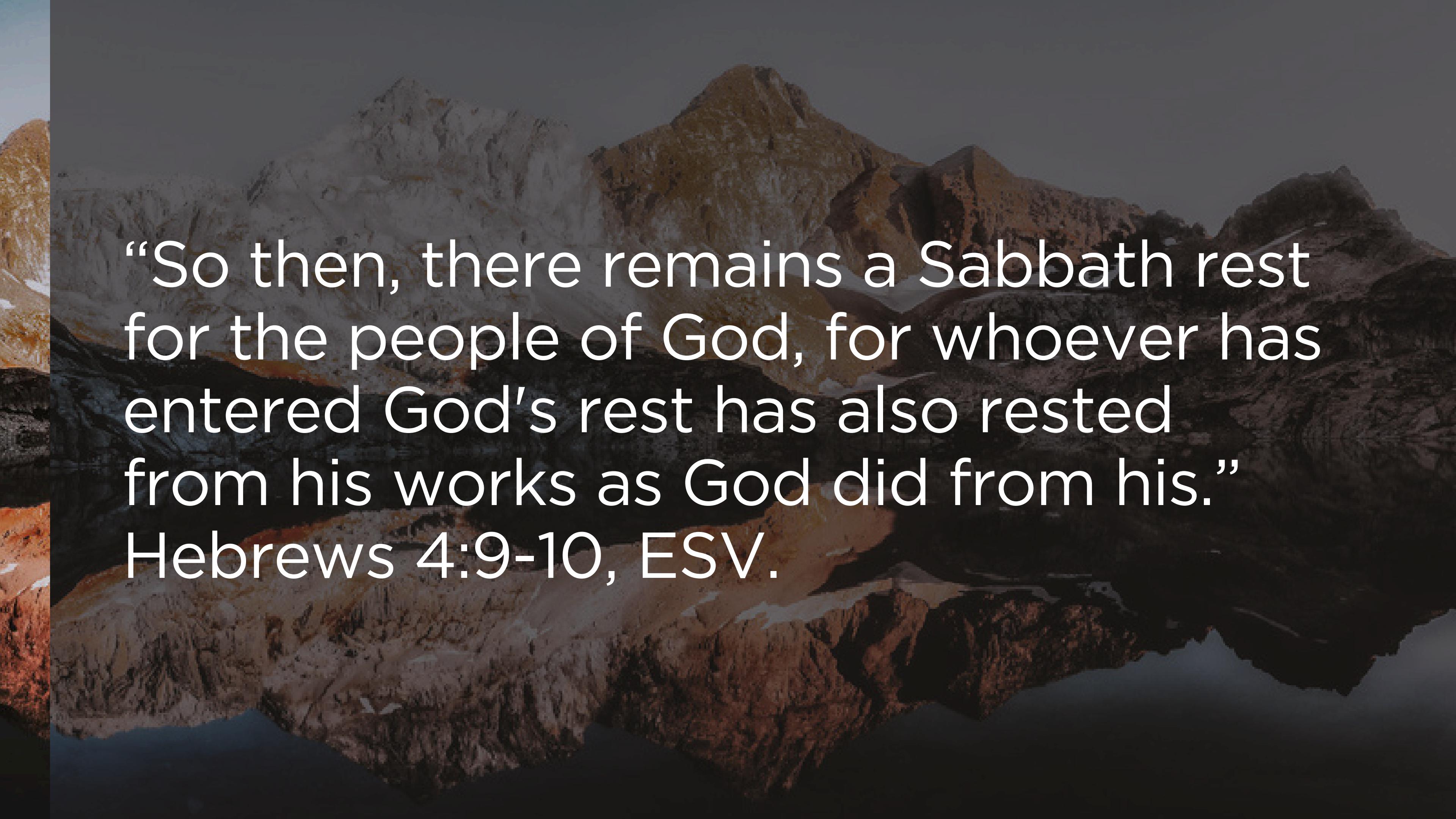


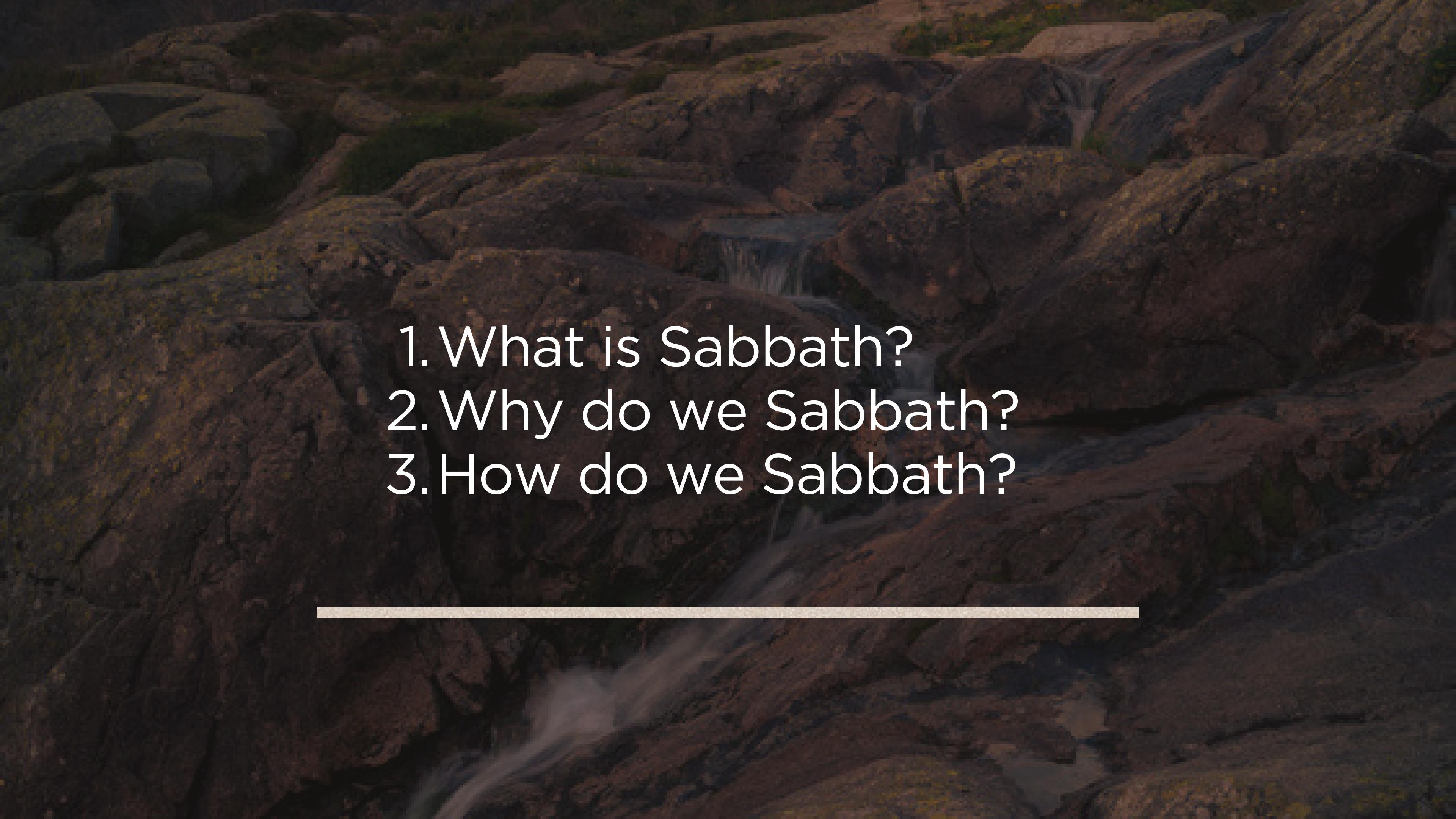


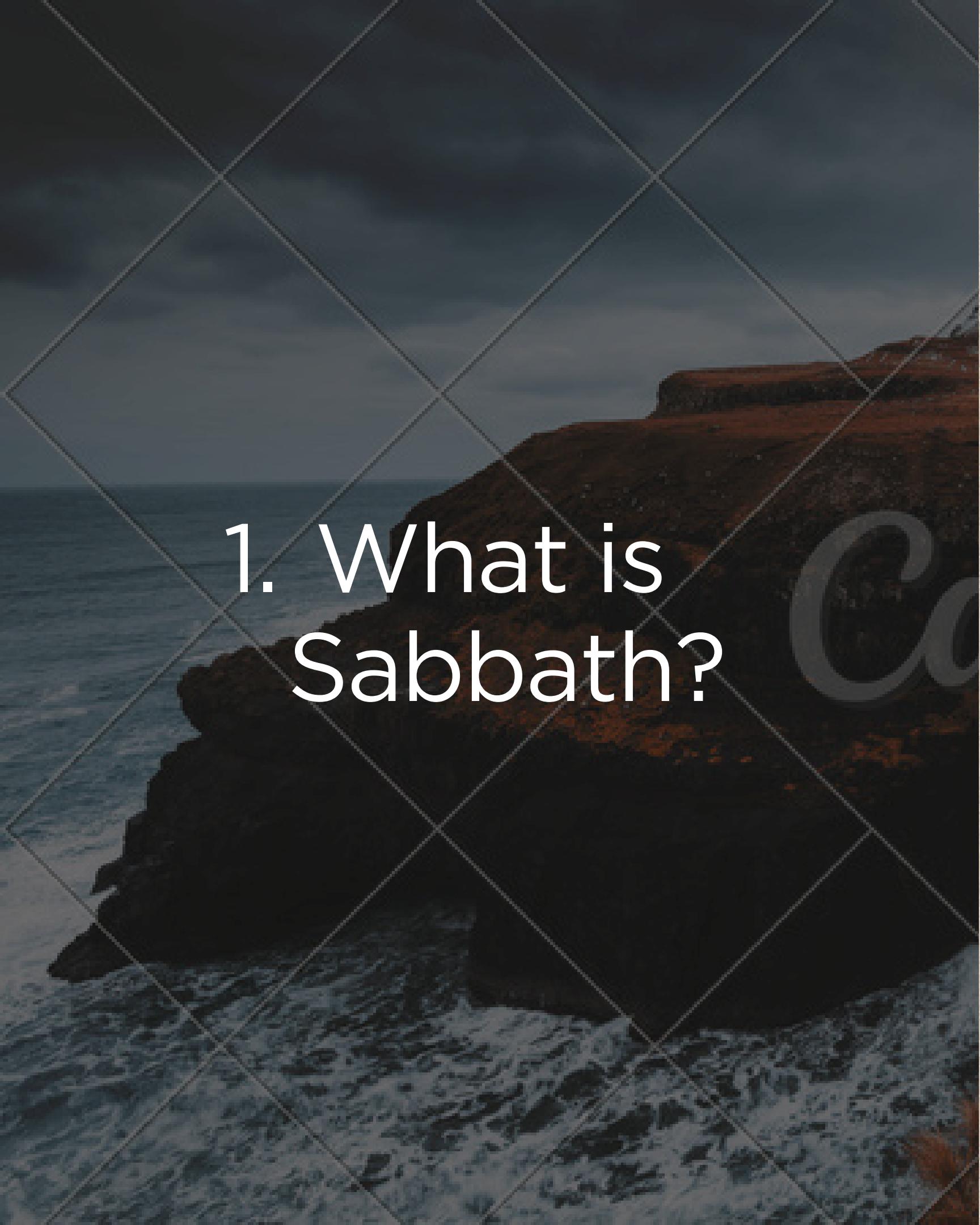
# HOW TO SABBATH

DEVOTIONAL  
LIFE

A dark, moody landscape featuring jagged, rocky mountains under a cloudy sky. The mountains are rugged and have patches of snow or ice on their peaks. The lighting is dramatic, with strong highlights and shadows. The overall atmosphere is somber and contemplative.

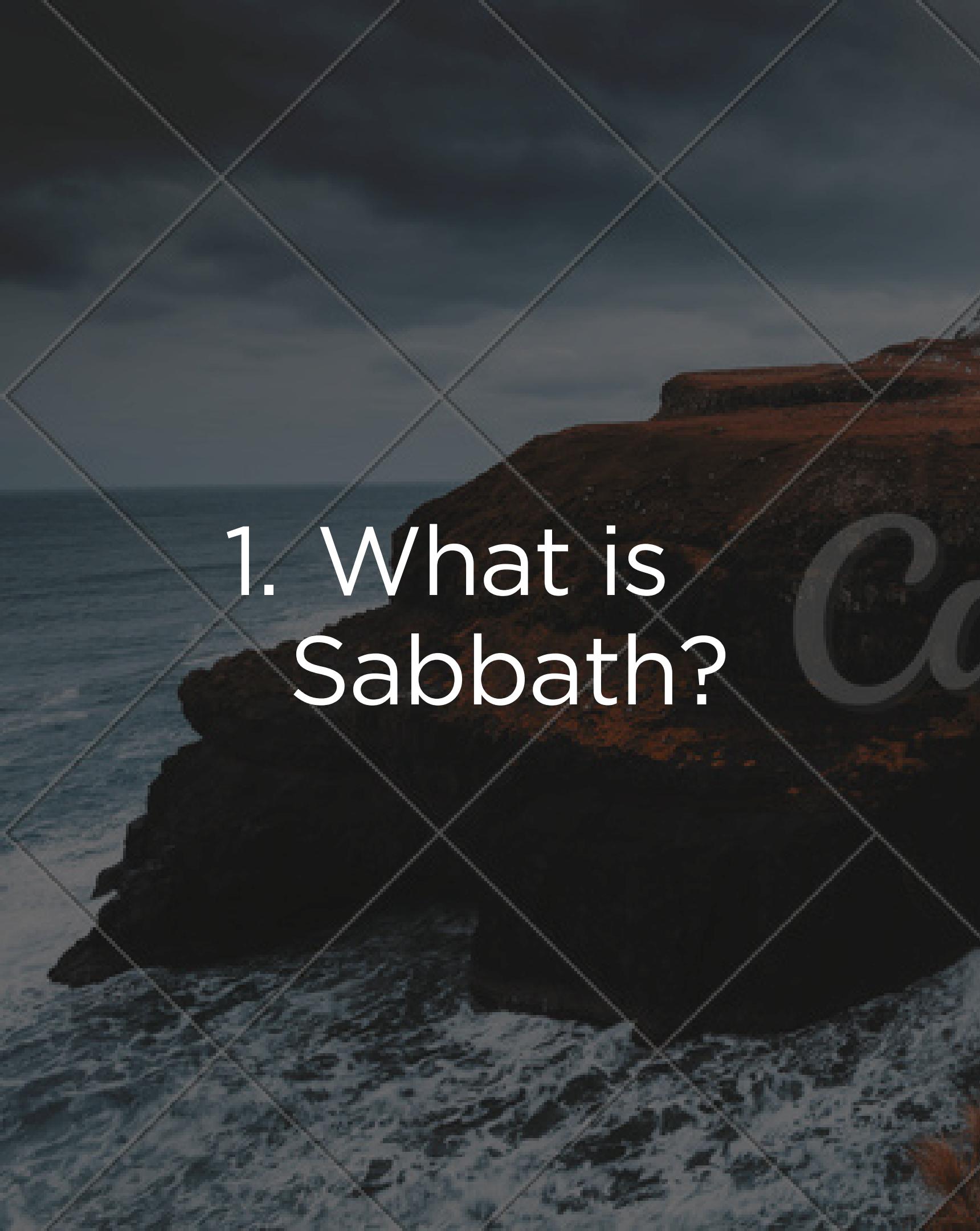
“So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.”  
Hebrews 4:9-10, ESV.

- 
- An aerial photograph of a hillside covered in vineyard rows. The vines are trained in a 'tendril' or 'canopy' style, creating distinct, curved patterns across the slope. The leaves are a mix of green and autumnal yellows and oranges, indicating the season. The background shows more hills and vineyards under a clear sky.
- 1.What is Sabbath?
  - 2.Why do we Sabbath?
  - 3.How do we Sabbath?
-

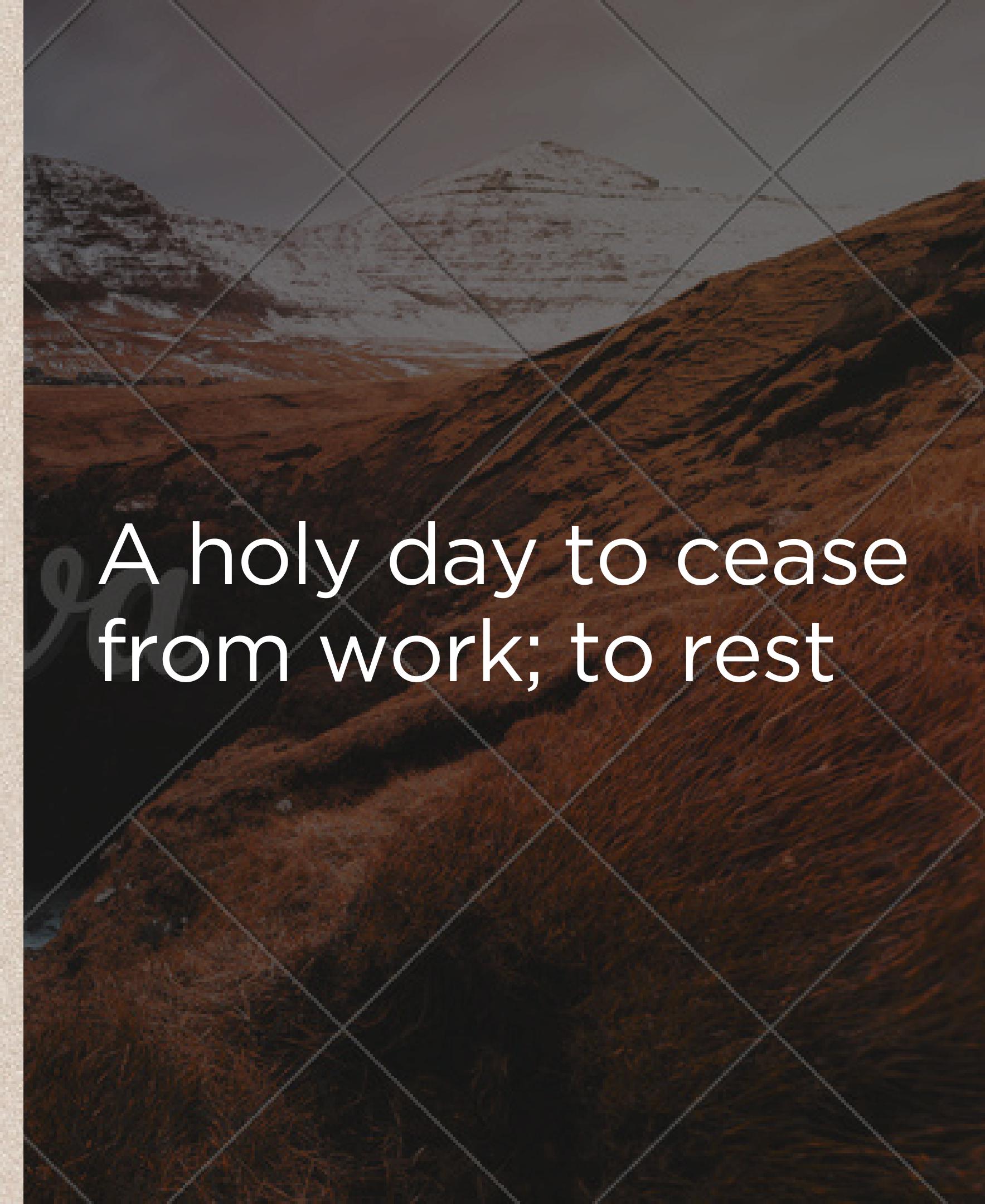


# 1. What is Sabbath?





# 1. What is Sabbath?



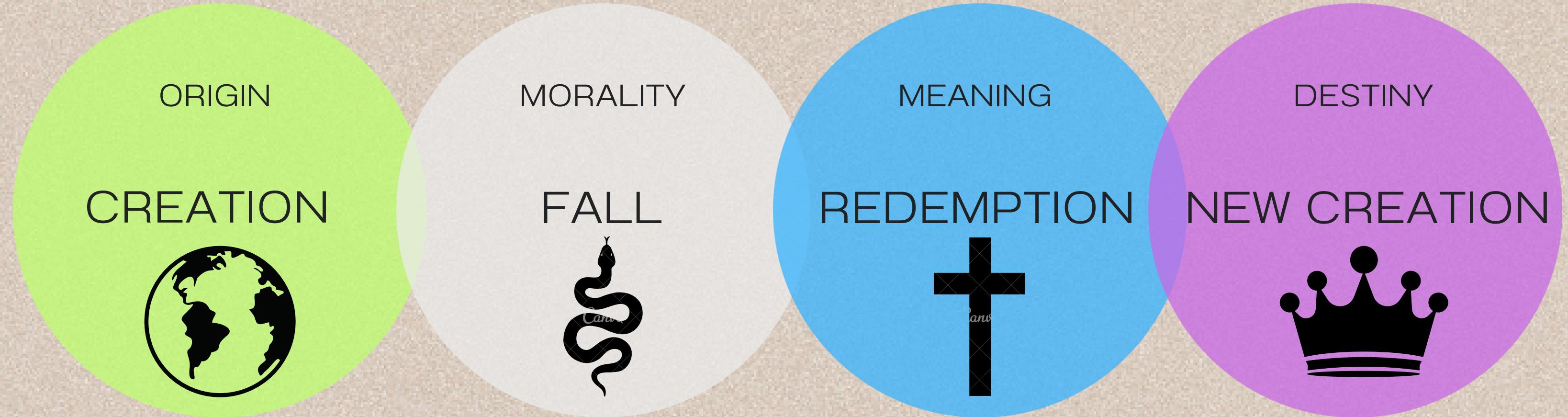
A holy day to cease from work; to rest



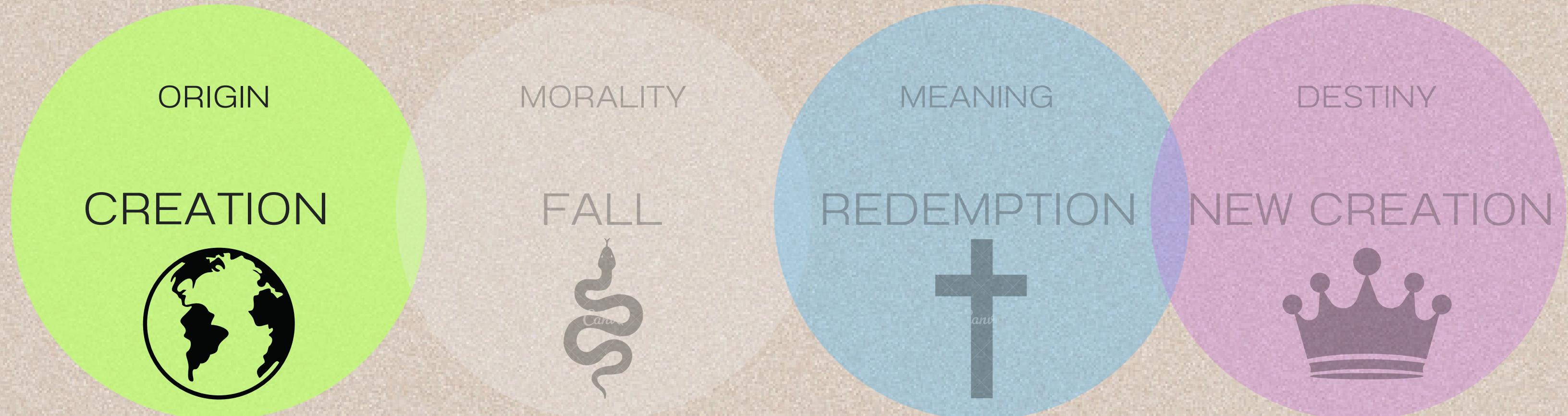
**“REMEMBER THE SABBATH DAY, TO KEEP IT HOLY. SIX DAYS YOU SHALL LABOR, AND DO ALL YOUR WORK, BUT THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON IT YOU SHALL NOT DO ANY WORK, YOU, OR YOUR SON, OR YOUR DAUGHTER, YOUR MALE SERVANT, OR YOUR FEMALE SERVANT, OR YOUR LIVESTOCK, OR THE SOJOURNER WHO IS WITHIN YOUR GATES. FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, THE SEA, AND ALL THAT IS IN THEM, AND RESTED ON THE SEVENTH DAY. THEREFORE THE LORD BLESSED THE SABBATH DAY AND MADE IT HOLY.”**

**EXODUS 20:8-11, ESV.**

# THE GOSPEL



# THE GOSPEL





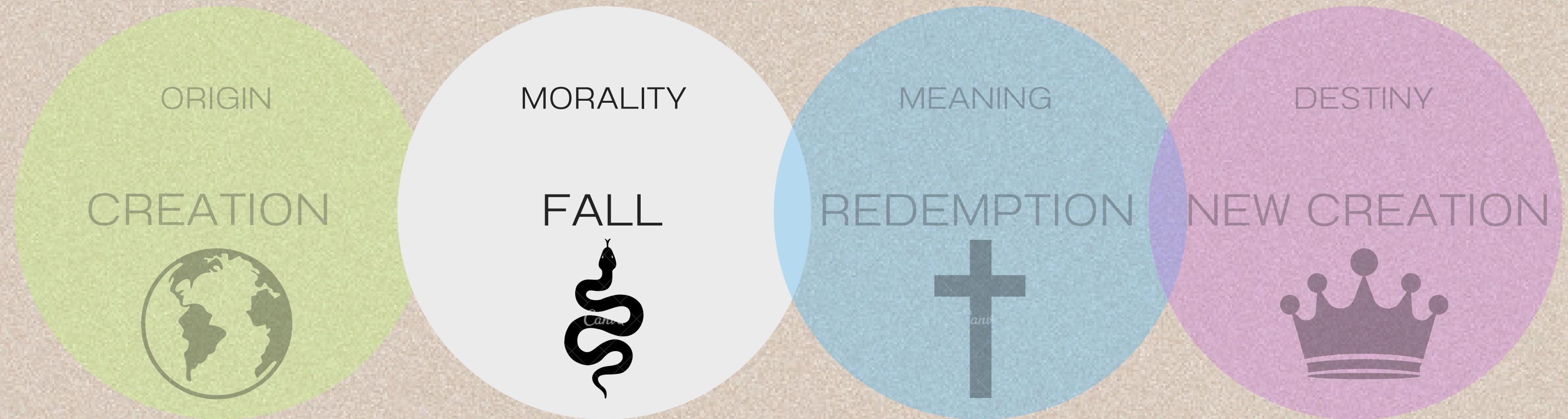
**“THUS THE HEAVENS AND THE EARTH WERE FINISHED, AND ALL THE HOST OF THEM. AND ON THE SEVENTH DAY GOD FINISHED HIS WORK THAT HE HAD DONE, AND HE RESTED ON THE SEVENTH DAY FROM ALL HIS WORK THAT HE HAD DONE. SO GOD BLESSED THE SEVENTH DAY AND MADE IT HOLY, BECAUSE ON IT GOD RESTED FROM ALL HIS WORK THAT HE HAD DONE IN CREATION.”**

**GENESIS 2:1-3, ESV.**



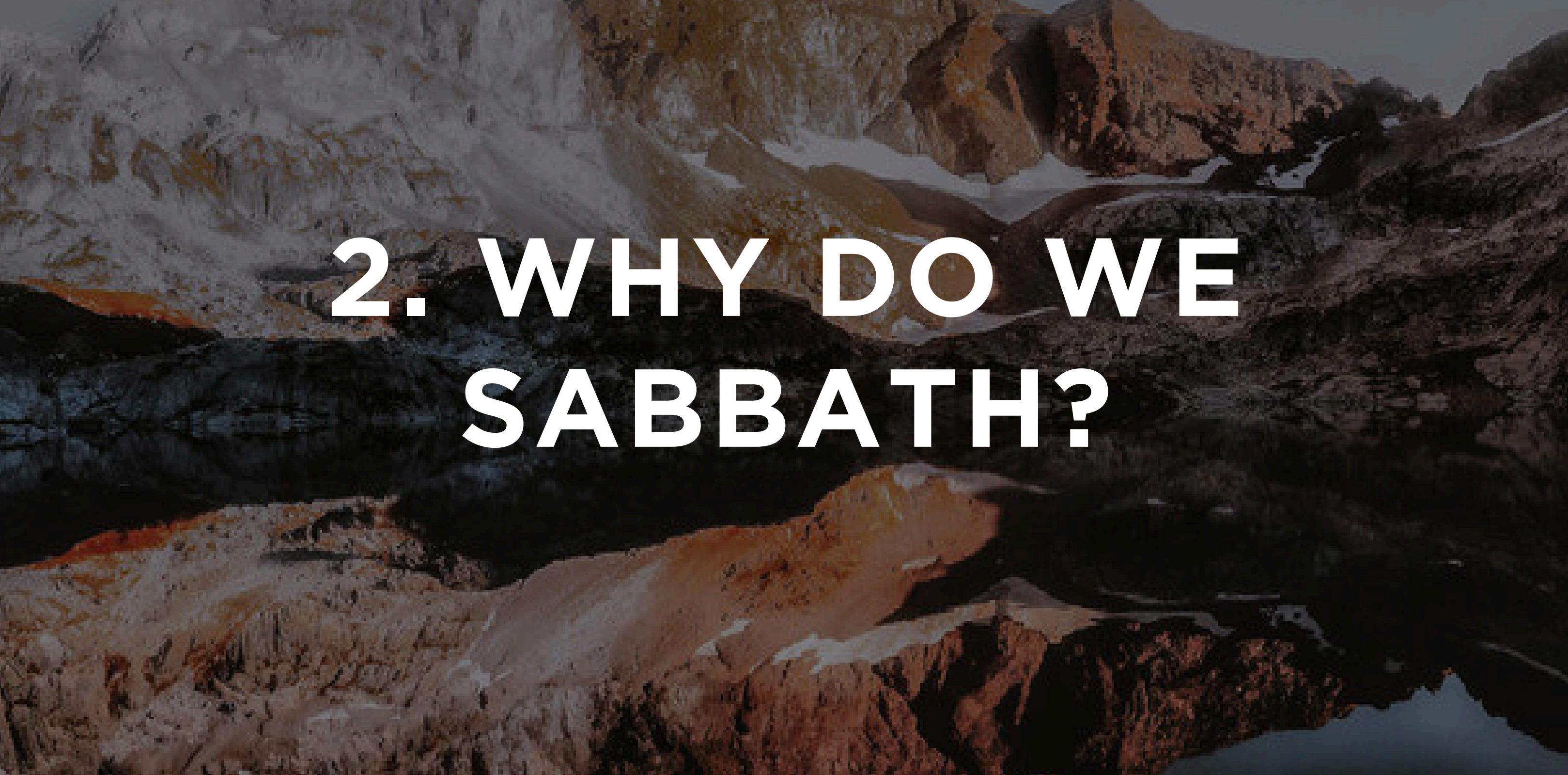
**“GOOD”**

# THE GOSPEL



**“‘BUT THE WICKED ARE LIKE THE  
TOSSING SEA; FOR IT CANNOT BE QUIET,  
AND ITS WATERS TOSS UP MIRE AND  
DIRT. THERE IS NO PEACE,’ SAYS MY GOD,  
‘FOR THE WICKED.’”  
ISAIAH 57:20-21, ESV.**





## 2. WHY DO WE SABBATH?

VERB

NOUN

ORIGIN

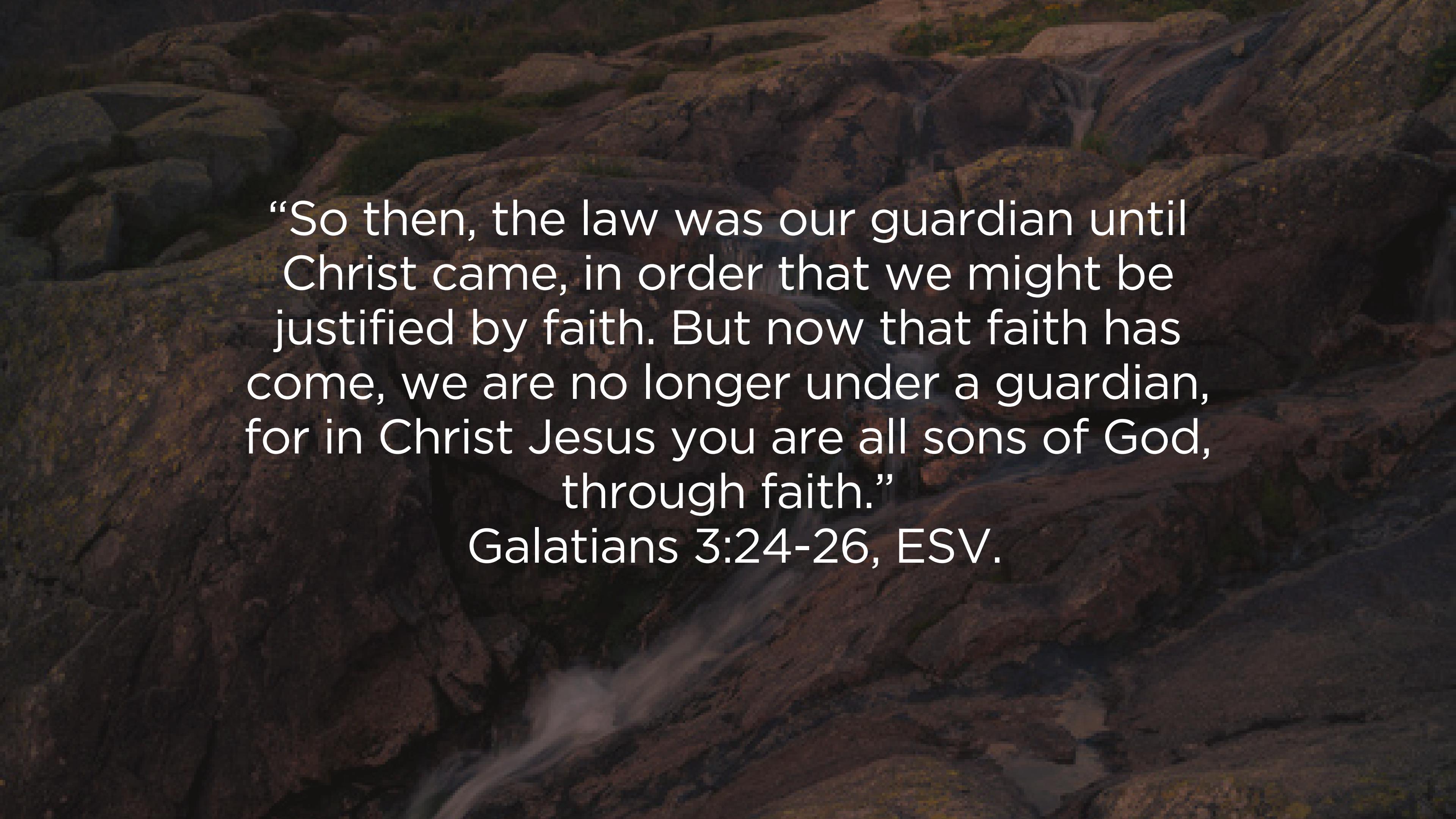
CREATION



MORALITY

FALL

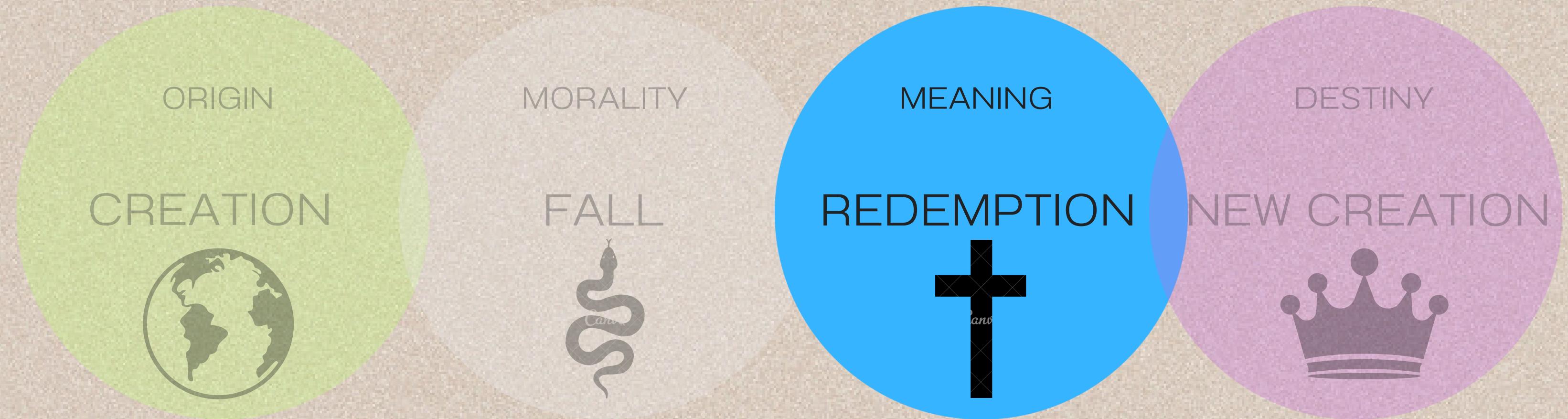


The background of the image is a photograph of rolling hills or vineyards in autumn. The hills are covered in a mix of green, yellow, and orange foliage, creating a textured, layered pattern across the frame.

“So then, the law was our guardian until Christ came, in order that we might be justified by faith. But now that faith has come, we are no longer under a guardian, for in Christ Jesus you are all sons of God, through faith.”

Galatians 3:24-26, ESV.

# THE GOSPEL





A collage of four circular images arranged in a diamond pattern. The top-left circle shows a close-up of a textured, light-colored surface with small orange spots. The top-right circle shows a dark, rocky landscape with sparse vegetation. The bottom-left circle shows a close-up of a textured, light-colored surface with small orange spots. The bottom-right circle shows a close-up of a textured, light-colored surface with small orange spots.

**“Fake It ‘till You Make It”**

**“I’ll Sleep When I’m Dead”**

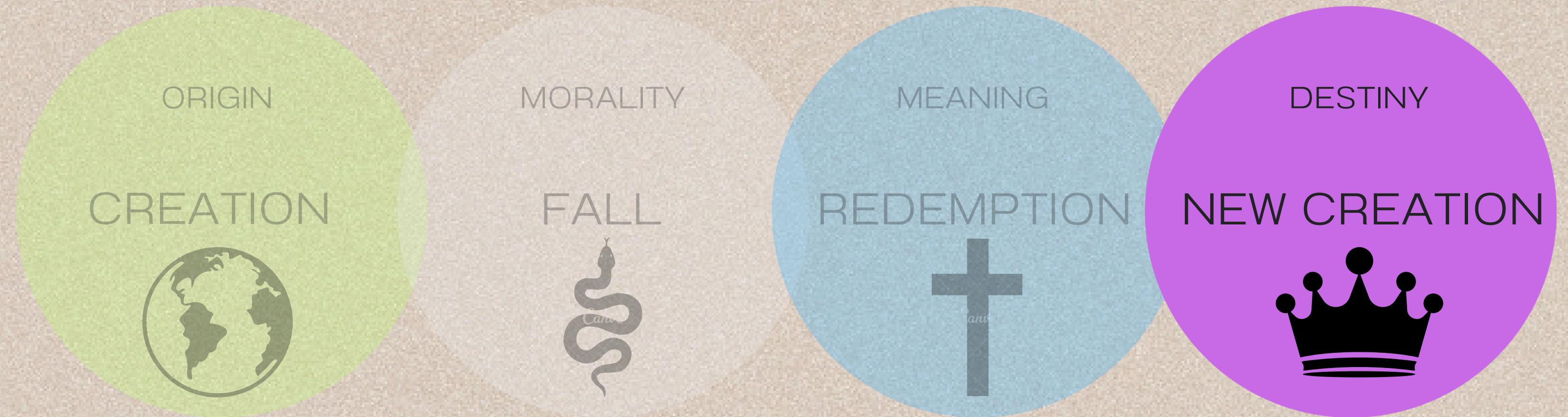
**“COME TO ME, ALL WHO LABOR AND ARE  
HEAVY LADEN, AND I WILL GIVE YOU  
REST. TAKE MY YOKE UPON YOU, AND  
LEARN FROM ME, FOR I AM GENTLE AND  
LOWLY IN HEART, AND YOU WILL FIND  
REST FOR YOUR SOULS. FOR MY YOKE IS  
EASY, AND MY BURDEN IS LIGHT.”**

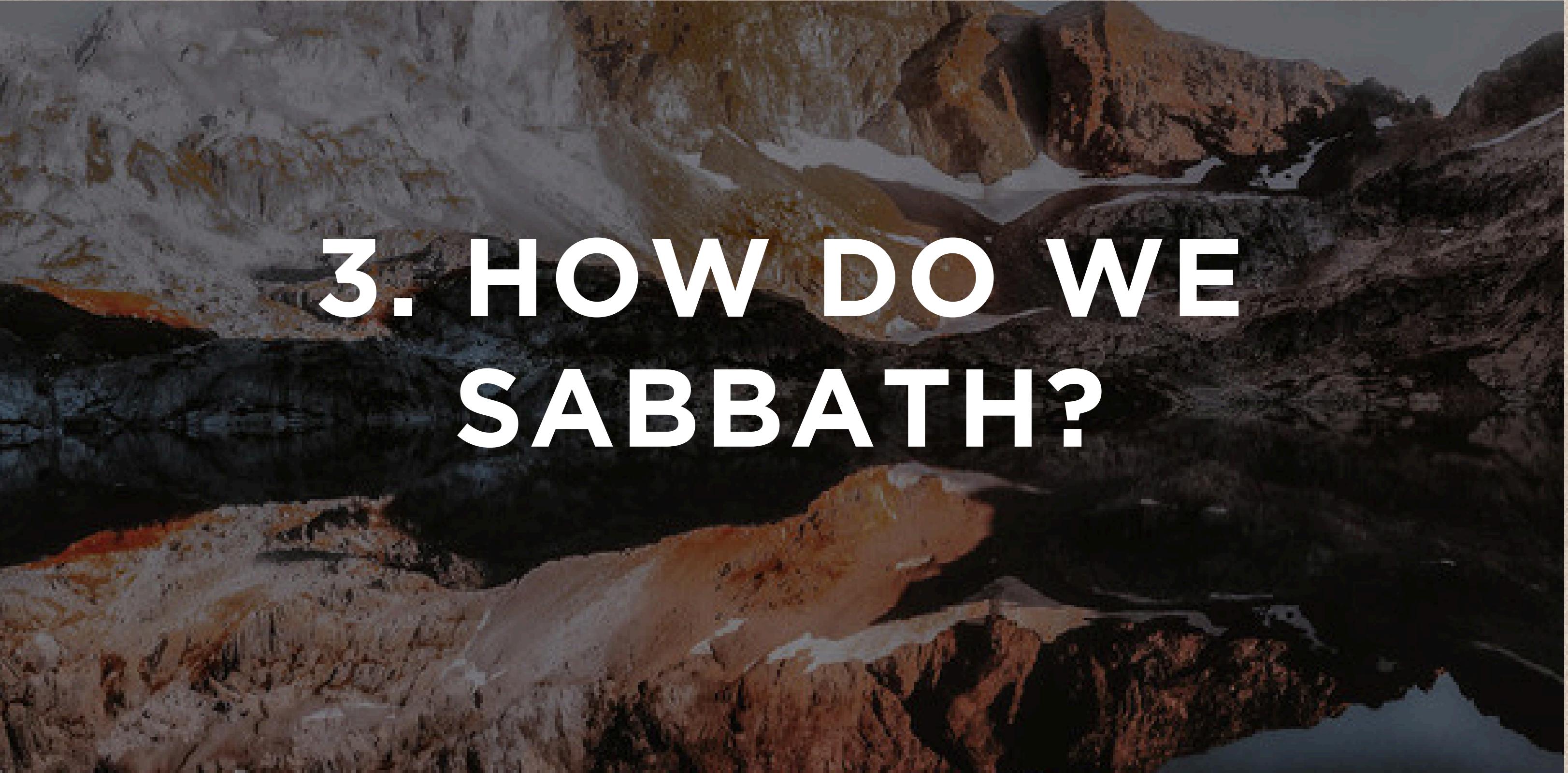
**MATTHEW 11:28-30, ESV.**

**“THEREFORE, SINCE WE ARE SURROUNDED BY SO GREAT A CLOUD OF WITNESSES, LET US ALSO LAY ASIDE EVERY WEIGHT, AND SIN WHICH CLINGS SO CLOSELY, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US, LOOKING TO JESUS, THE FOUNDER AND PERFECTER OF OUR FAITH, WHO FOR THE JOY THAT WAS SET BEFORE HIM ENDURED THE CROSS, DESPISING THE SHAME, AND IS SEATED AT THE RIGHT HAND OF THE THRONE OF GOD.”**

**HEBREWS 12:1-2, ESV.**

# THE GOSPEL





# 3. HOW DO WE SABBATH?



**“WITHOUT KNOWLEDGE OF SELF, THERE IS NO KNOWLEDGE OF GOD. OUR WISDOM, INSOFAR AS IT OUGHT TO BE DEEMED TRUE AND SOLID WISDOM, CONSISTS ALMOST ENTIRELY OF TWO PARTS: THE KNOWLEDGE OF GOD AND OF OURSELVES. BUT AS THESE ARE CONNECTED BY MANY TIES, IT IS NOT EASY TO DETERMINE WHICH OF THE TWO PRECEDES AND GIVES BIRTH TO THE OTHER.”**

**JOHN CALVIN**

# **Spiritual Pathways Test**

- 
1. REST AND REFRESH
  2. REMEMBER
  3. REJOICE