

Sacred Defiance

Rest without Rigidity series

by Chris Famisaran

Deuteronomy 5:12-15

Exodus 16

Mark 2:27

Luke 13:10-17

“Sabbath (is) a return to God’s rhythm—a sacred pause to walk in His ways and reject the noise of false narratives.”

Sabbath is saying no to the culture of hustle.

We look to God to provide for our needs.

“Worry is anti-Sabbath.” (Dan Allender)

Reflection: What barriers do I need to break through that prevent me from experiencing God’s rhythm of Sabbath?

Challenge: Write down three ways that you can plan ahead to create time and space to honor and experience the Sabbath, and follow through on it.