

The Rhythms of Rest

Rest without Rigidity series

by Bill Aumack

1. Jesus went to church.

Luke 4:14-30

2. Jesus did good works.

Luke 4:38-39

3. Jesus saw and loved people.

Luke 13:10-17

Reflection: Does the rhythm of Sabbath rest cause me to feel burdened? Or do I feel the joy and freedom that real rest can provide?

Challenge: Try to find something you can do to help someone else on Sabbath.