

The Rest You've Been Looking For

Rest without Rigidity series

by Chris Famisaran

Genesis 2:1-3

Exodus 20:8-11

Isaiah 40:28

God set an example for us by resting on the Sabbath.

God blessed the Sabbath.

God set apart the Sabbath as a special day.

The Sabbath is a gift, and message of hope.

Reflection: What does the Sabbath reveal about God's character and priorities?

Challenge: Talk with someone about what the Sabbath means personally to you and pray for discernment on how you can honor God through the Sabbath.