

## Sabbath

Week 2

"Come to Me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls."

[Matthew 11:28-29]

"And you will find rest for your souls... At that time Jesus went through the grain fields on the Sabbath."

[Matthew 11:29-12:1]

### 1. If you don't take a Sabbath, a Sabbath will take you.

"He carried into exile to Babylon the remnant, who escaped from the sword, and they become servants to him and his successors until the king of Persia came to power. The land enjoyed its sabbath rests; all the time of its desolation it rested, until the seventy years were completed in fulfillment of the word of the Lord spoken by Jeremiah."

[2 Chronicles 36:20-21]

If you don't take a break, you'll just break.

### 2. Learn to live a life of purposeful routine.

"As was His custom, He went to the synagogue on the Sabbath day."

[Luke 4:16]

“Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God... And remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.”  
[Deuteronomy 5:12-15]

### **3. Sabbath was meant to keep freed people free .**

SET FREE TO LIVE FREE

“I will refresh the weary and satisfy the faint.”  
[Jeremiah 31:25]

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from His.”  
[Hebrews 4:9-10]

### **4. Ultimate rest comes from a relationship with Jesus.**