

The Gift of Rest

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January 7, 2018 - 1801

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ***For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.***” Genesis 20:8-11 (NLT)

Blessed—Life giving

What good things happened last week? How can you celebrate them?

What things do you do that are restful and bring you life?

Holy—Set apart

What is your work to rest cadence?

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. ***Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.***”
Deuteronomy 5:12-15 (NLT)

Worship—Be thankful

What good things has God done this last week? How can you celebrate them?

Stop the voice of Pharaoh—Enough is enough

What things do you need to stop doing on your day of rest?