



HOLY PAUSE
WHEN GOD SAYS STOP!

PSALM 116:7

⁷ Return to your rest, O my soul,
For the Lord has dealt bountifully with you.



PSALM 116:7 (NIV / NLT)

⁷ Return to your rest, my soul,
for the LORD has been good to you.



REST

[greek]

taking a breath



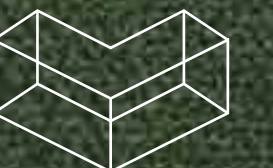
CORNERSTONE

GENESIS 2:1-3

¹ Thus the heavens and the earth, and all the host of them, were finished. ² And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.



- **FINISHED / COMPLETED**
- **ENDED / COMPLETED**
- **DONE**
- **RESTED**
- **DONE**
- **SANCTIFIED**
- **RESTED**



GENESIS 1:3-5

³Then God said, "Let there be light"; and there was light.

⁴And God saw the light, that it was good; and God divided the light from the darkness. ⁵God called the light Day, and the darkness He called Night. So the evening and the morning were the first day.



- ① **THE PURPOSE OF THE SABBATH**
- ② **CONSEQUENCES OF NOT OBSERVING THE SABBATH**
- ③ **PRACTICAL WAYS TO INCORPORATING THE SABBATH INTO YOUR WEEK**



THE PURPOSE OF THE SABBATH

1

THE SABBATH IS HOLY!



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THE SABBATH BOASTS THE FINISHED WORK OF THE CROSS!



LUKE 9:58

⁵⁸ And Jesus said to him, "Foxes have holes
and birds of the air have nests,
but the Son of Man has nowhere to lay His head.



TO LAY

KLINO [greek]

to rest, to lay, to bow one's head



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JOHN 19:30

³⁰ So when Jesus had received the sour wine,
He said, "It is finished!"
And bowing His head, He gave up His spirit.



BOW

KLINO [greek]



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**THE SABBATH
REALITY IS THAT YOU
REST IN THE DONE**



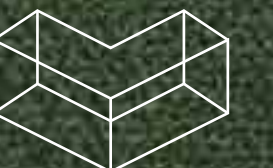
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EPHESIANS 2:6

⁶and raised us up together, and made us sit together in the heavenly places in Christ Jesus...



**YOUR RELATIONSHIP
WITH JESUS BEGAN
IN A PLACE OF **REST!****



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THE PURPOSE OF THE SABBATH

3

THE SABBATH IS A COMMAND!



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HE SAYS,
“DURING YOUR WORK
WEEK, TAKE 24 HOURS AND
CEASE FROM YOUR WORK.”



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EXODUS 34:21

²¹ Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.



THE PURPOSE OF THE SABBATH

4

**THE SABBATH
IS A WITNESS!**



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EXODUS 31:12-17

¹² And the Lord spoke to Moses, saying, ¹³ "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.'



EXODUS 31:12-17

¹⁴You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people



EXODUS 31:12-17

¹⁵Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death. ¹⁶Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant.



EXODUS 31:12-17

¹⁷ It is a sign between Me and the children of Israel forever;
for in six days the Lord made the heavens and the earth,
and on the seventh day He rested and was refreshed.



EXODUS 31:17

¹⁷ It is a sign between Me
and the children of Israel forever...



ROMANS 11:16

¹⁶ For if the firstfruit is holy, the lump is also holy;
and if the root is holy, so are the branches.



CONSEQUENCES TO NOT OBSERVING THE SABBATH

1

**YOUR HEALTH WILL BE AFFECTED
- PHYSICAL/EMOTIONAL/MENTAL**



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EXODUS 31:14

¹⁴ Everyone who profanes it
shall surely be put to death...



CONSEQUENCES TO NOT OBSERVING THE SABBATH

2

**YOUR RELATIONSHIPS
WILL BE AFFECTED**



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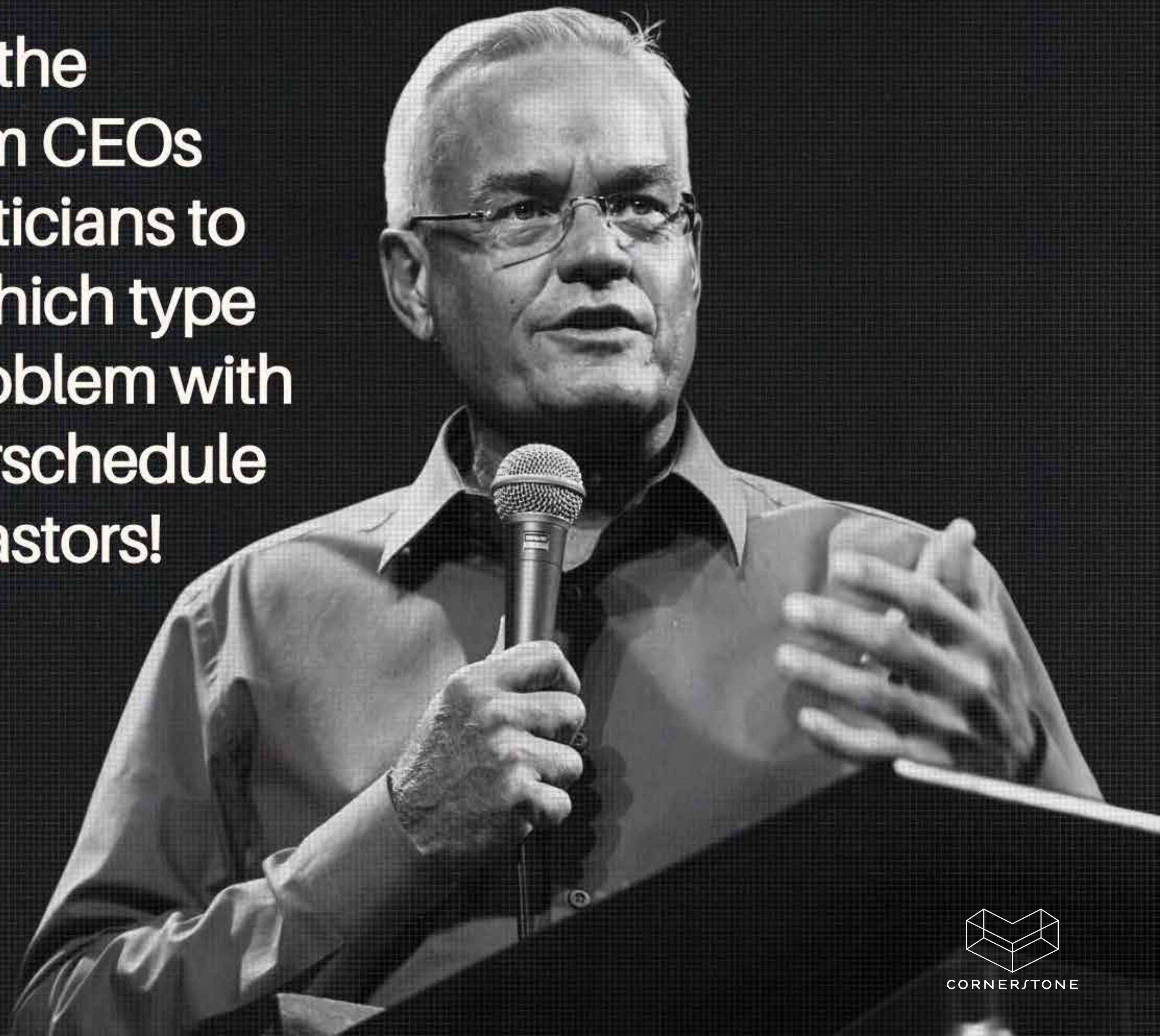
EXODUS 31:14

¹⁴ For whoever does any work on it,
that person shall be cut off from among his people.



Of all the leaders I've had the opportunity to meet – from CEOs to non-profit execs to politicians to church leaders – guess which type is most likely to have a problem with being overwhelmed, overscheduled and exhausted? Senior Pastors!

BILL HYBELS



CORNERSTONE

I know I disappoint a lot of people
when they ask me to do things for
them and I feel I must say no:

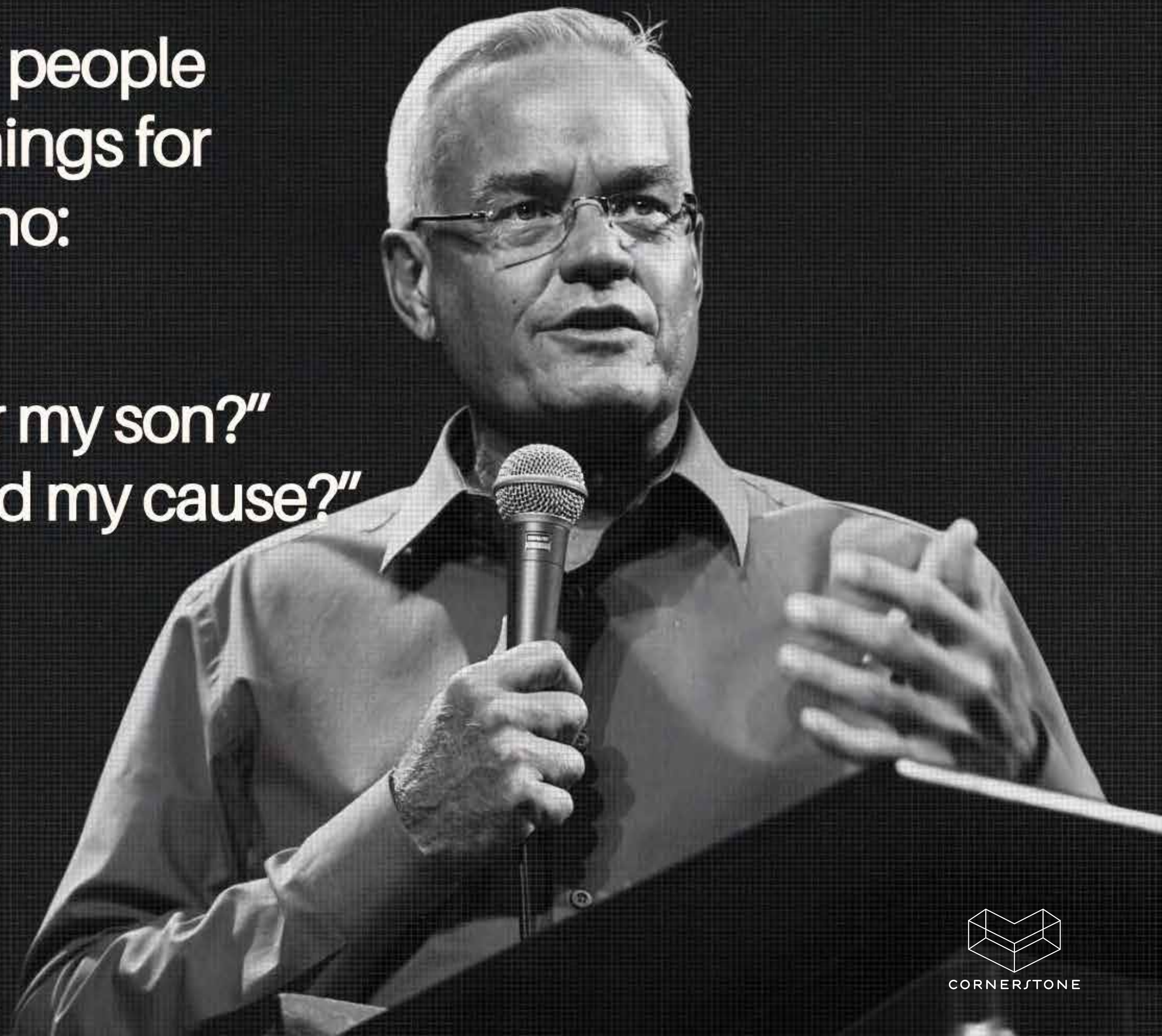
"Please do my wedding."

"Would you please mentor my son?"

"Can you please get behind my cause?"

"Will you please...?"

BILL HYBELS



CORNERSTONE

As a pastor and as a friend, it's hard for me to say no to the many wonderful people I'd like to help and the many wonderful things I'd like to do around our church and around the world. But I have learned the hard way how important it is to not let myself get completely spent. Depletion harms the people around me, and it damages my soul.

BILL HYBELS



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PRACTICAL WAYS TO INCORPORATING THE SABBATH INTO YOUR WEEK

1

MARRIED COUPLES GO ON DATE NIGHTS!



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PRACTICAL WAYS TO INCORPORATING THE SABBATH INTO YOUR WEEK

2

SINGLES
FIND REST IN
YOUR SINGLENES!



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PRACTICAL WAYS TO INCORPORATING THE SABBATH INTO YOUR WEEK

3

STUDENTS

HONOUR AND KEEP THE
SABBATH EVEN WHEN IT'S
YOUR EXAMINATION PERIOD!



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PRACTICAL WAYS TO INCORPORATING THE SABBATH INTO YOUR WEEK

4

WORKING ADULTS
HONOUR AND KEEP THE
SABBATH EVEN DURING YOUR
CRUNCH TIME IN THE OFFICE!



CORNERSTONE



THE ENEMY
IS UNDER
MY FEET!

IS UNDER
MY FEET!

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THE ENEMY
IS UNDER
MY FEET!

THE ENEMY
IS UNDER
MY FEET!

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