

**HOLY PAUSE**  
**WHEN GOD SAYS STOP!**

**PSALM 116:7**

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



CORNERSTONE

**PSALM 116:7 (NIV / NLT)**

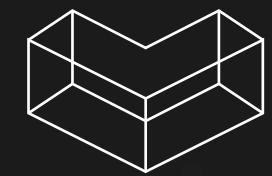
<sup>7</sup> Return to your rest, my soul,  
for the LORD has been good to you.



CORNERSTONE

**REST**  
[greek]

taking a breath



CORNERSTONE

## GENESIS 2:1-3

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



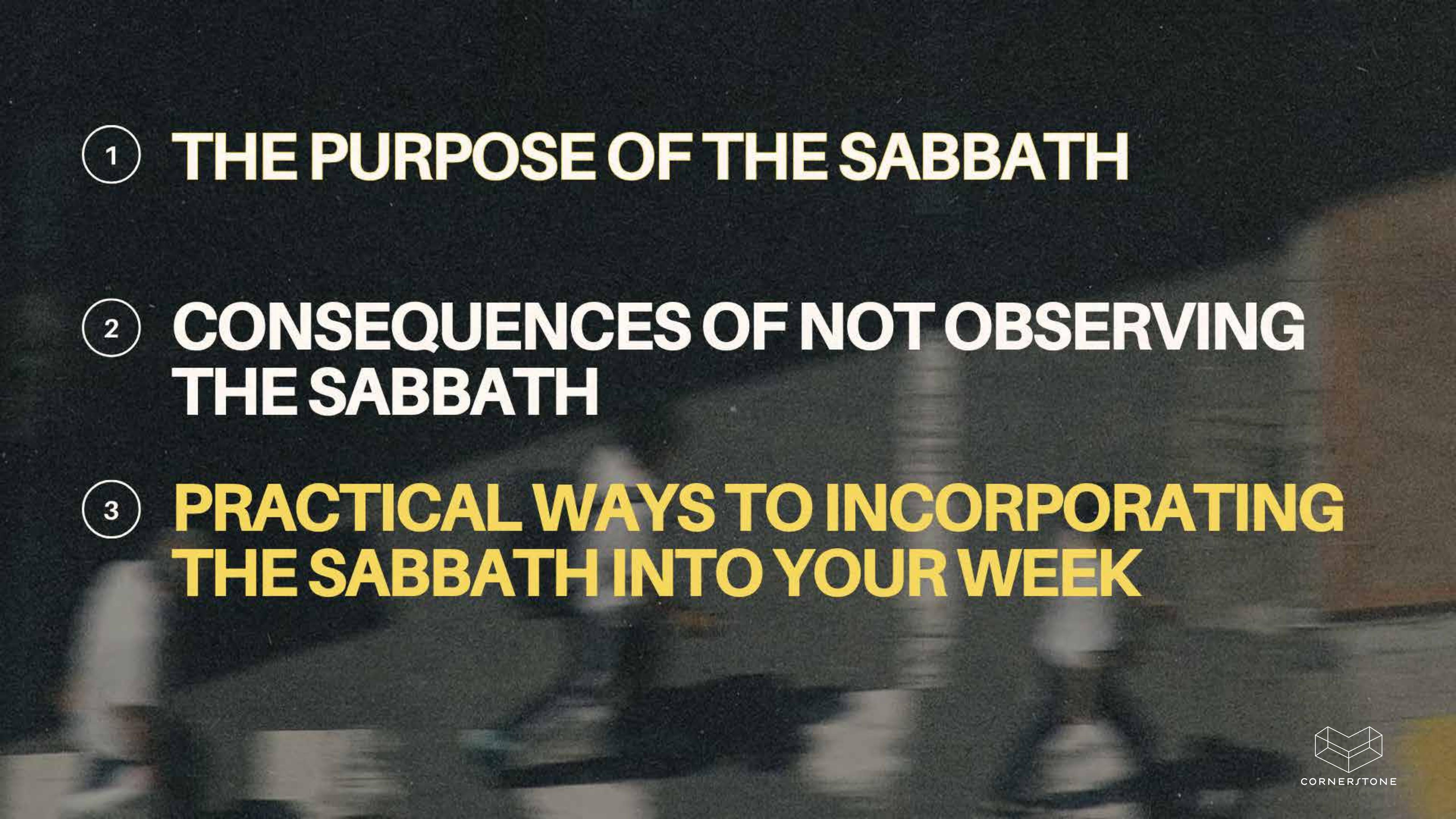
- FINISHED / COMPLETED
- ENDED / COMPLETED
- DONE
- RESTED
- DONE
- SANCTIFIED
- RESTED

## GENESIS 1:3-5

<sup>3</sup>Then God said, “Let there be light”; and there was light.

<sup>4</sup>And God saw the light, that it was good; and God divided the light from the darkness. <sup>5</sup>God 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 SABBATH  
IS HOLY!

**THE SABBATH BOASTS  
THE FINISHED WORK  
OF THE CROSS!**

**LUKE 9:58**

<sup>58</sup> 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.



# TOLAY

**KLINO** [greek]

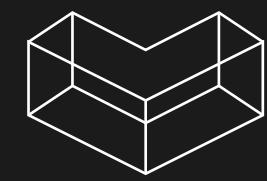
to rest, to lay, to bow one's head



CORNERSTONE

**JOHN 19:30**

<sup>30</sup> So when Jesus had received the sour wine,  
He said, “It is finished!”  
And bowing His head, He gave up His spirit.



CORNERSTONE

**BOW**  
**KLINO** [greek]

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

**EPHESIANS 2:6**

<sup>6</sup>and 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!

**THE SABBATH  
IS A COMMAND!**

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

## EXODUS 34:21

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



**THE SABBATH  
IS A WITNESS!**

## EXODUS 31:12-17

<sup>12</sup> And the Lord spoke to Moses, saying, <sup>13</sup> "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

<sup>14</sup>You 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

<sup>15</sup>Work 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. <sup>16</sup>Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant.

## EXODUS 31:12-17

<sup>17</sup> 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

<sup>17</sup> It is a sign between Me  
and the children of Israel forever...



CORNERSTONE

## ROMANS 11:16

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

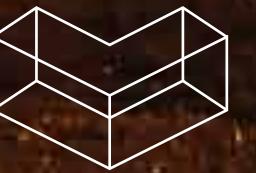




## CONSEQUENCES TO NOT OBSERVING THE SABBATH

1

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



CORNERSTONE

## EXODUS 31:14

<sup>14</sup> Everyone who profanes it  
shall surely be put to death...

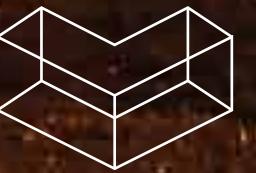




CONSEQUENCES TO NOT OBSERVING THE SABBATH

2

YOUR RELATIONSHIPS  
WILL BE AFFECTED



CORNERSTONE

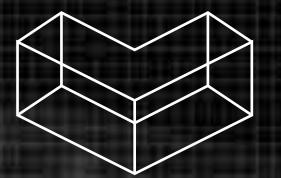
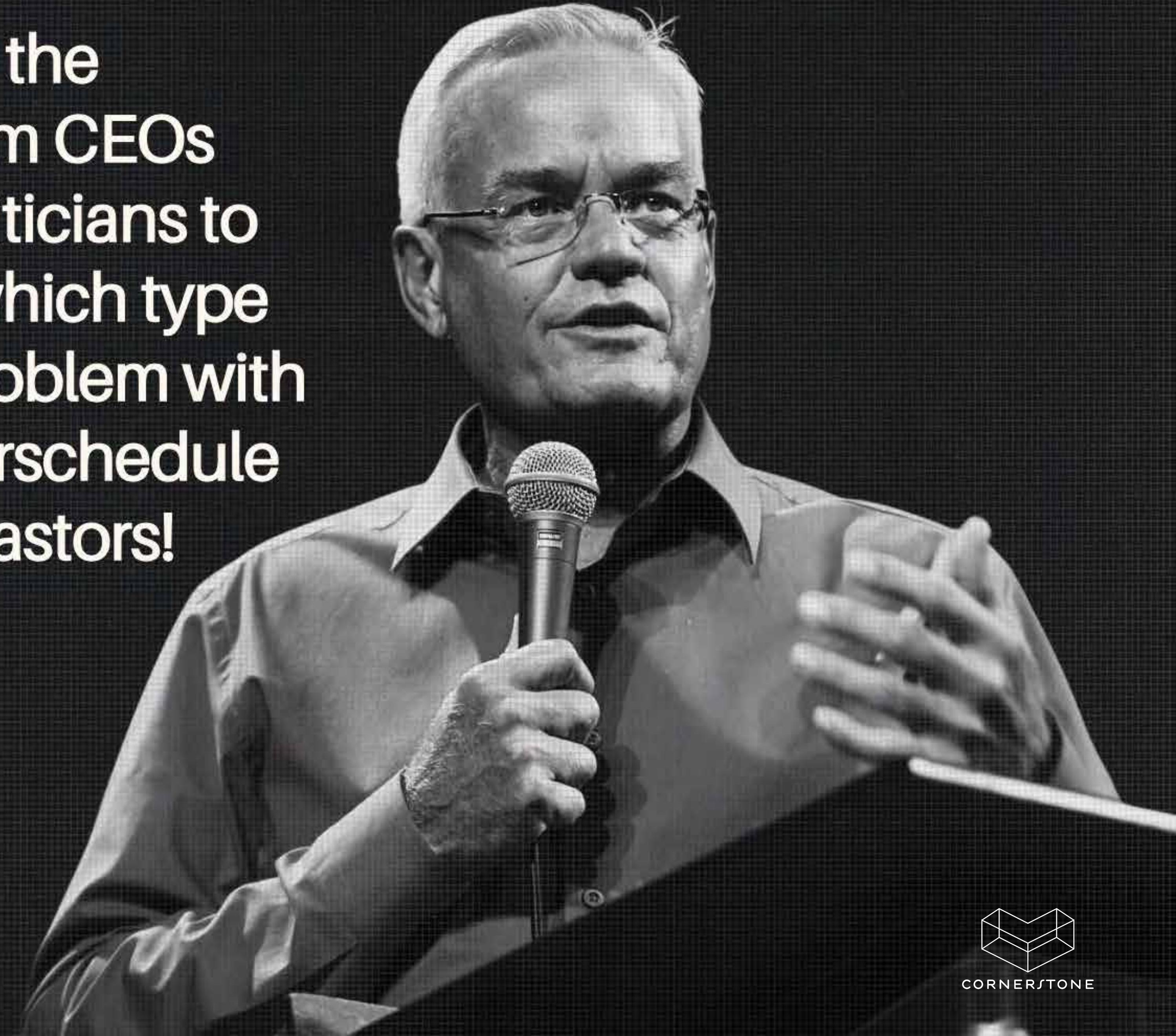
## EXODUS 31:14

<sup>14</sup> 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, overschedule 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:

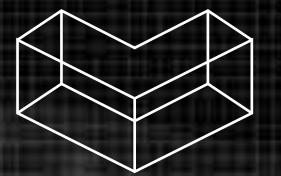
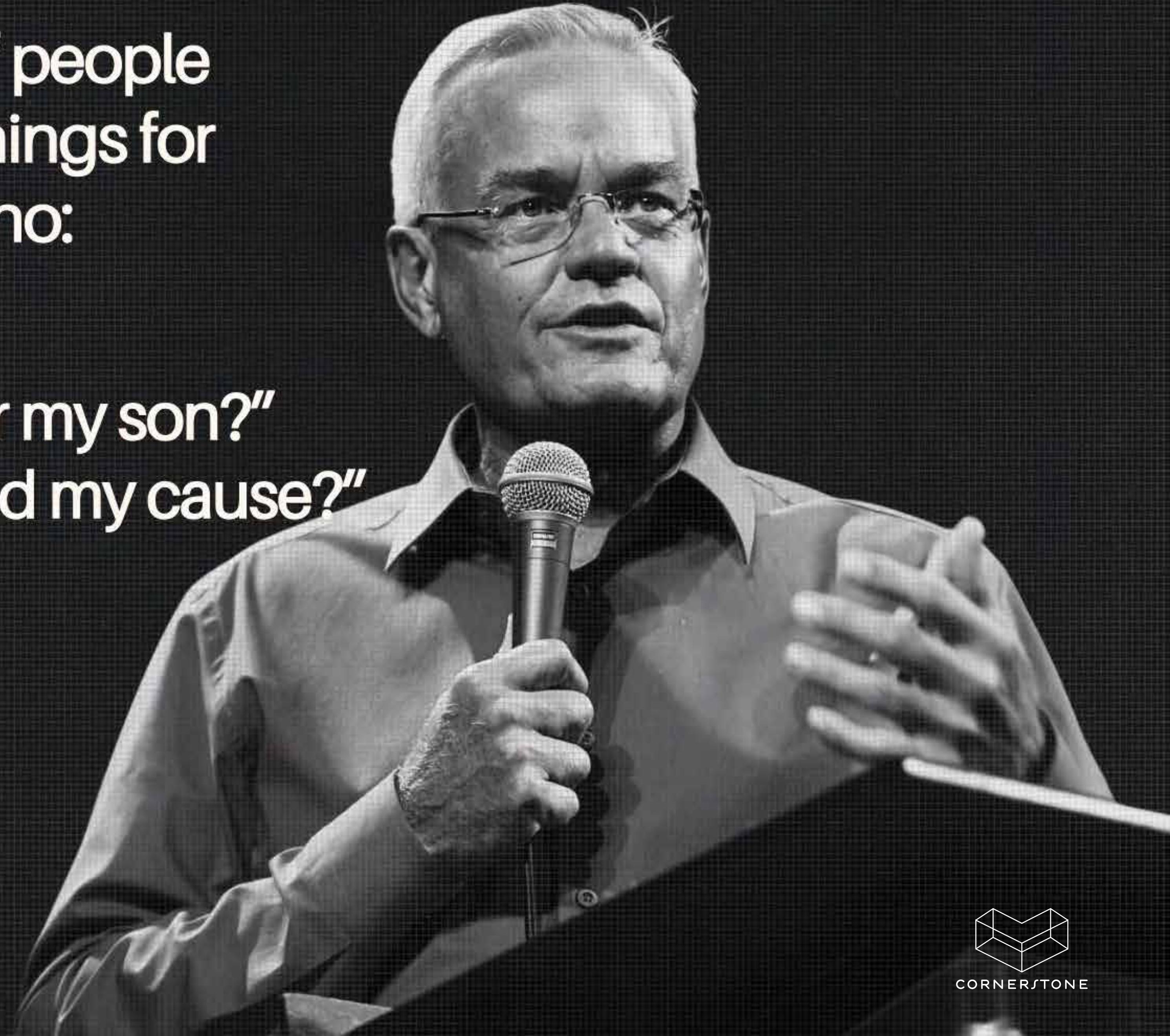
“Please do my wedding.”

“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**

**MARRIED COUPLES  
GO ON DATE NIGHTS!**

**SINGLES**  
FIND REST IN  
YOUR SINGLENESS!

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

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

EN - @THEPRINCEOF

THE ENEMY  
IS UNDER  
My FEET!

33

712

THE ENEMY  
IS UNDER  
MY FEET!

IS UNDER  
MY FEET!

1エス



OFFNS.COM

THE ENEMY  
IS UNDER  
My FEET!