





	You and I are made to reflect
Rest: d	our
1.	What is the "Sabbath" weapon?
	• Genesis 2:2-3 - "And on the seventh day God finished his work and he rested."
	o God the Sabbath to
	o God the Sabbath.
	o God the Sabbath!
	• Exodus 20:8 - "Remember the Sabbath. Keep it holy."
	• Ezekiel 20:12-13 - "But my Sabbaths they greatly profaned."
	• Luke 4:16-21 - "As was his custom, he went to the synagogue on the Sabbath day"
2.	Why is the "Sabbath" weapon so powerful?
	"Find a job you enjoy doing and you will never have to work a day in your life." Mark Twain
3.	How to "Sabbath"
	• Stop!
	• Rest!
	• Relate!
	→ Start somewhere