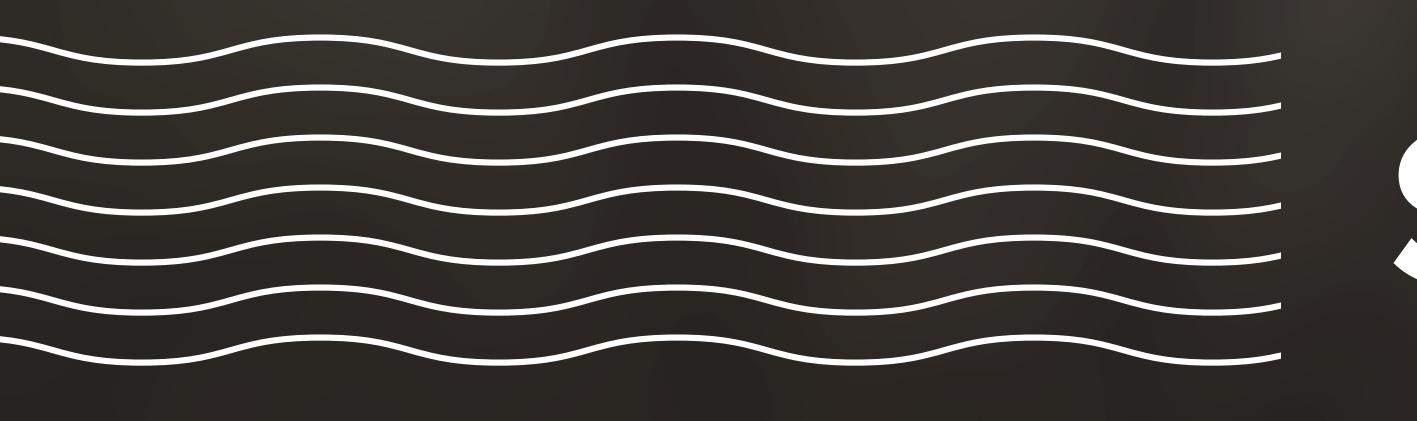


TRYING vs. TRAINING



GENESIS 2:1-3 ESV

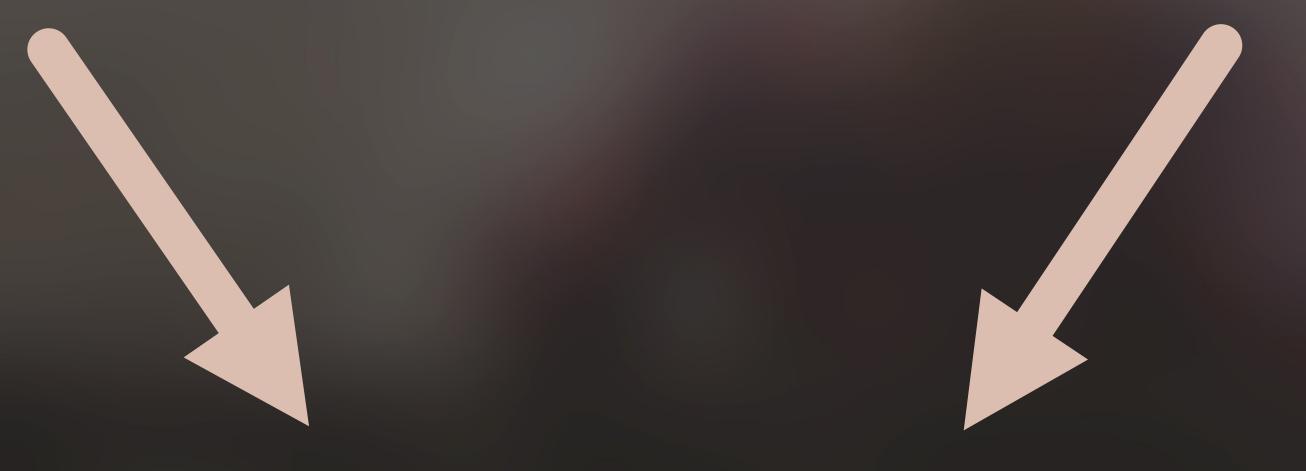
GENESIS 2:1-3 ESV



SABBATH REST

Refraining

Remembering



Sabbath Rest

REMEMBER

GENESIS 2:1-3 ESV

REMEMBER

GENESIS 2:1-3 ESV

REMEMBER

EXODUS 16:15-16 ESV

When the people of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread that the LORD has given you to eat. ¹⁶ This is what the LORD has commanded: 'Gather of it, each one of you, as much as he can eat...

REMEMBER

EXODUS 16:17-18 ESV

And the people of Israel did so. They gathered, some more, some less. ¹⁸ But when they measured it with an omer, whoever gathered much had nothing left over, and whoever gathered little had no lack...

REMEMBER

EXODUS 16:19-20 ESV

And Moses said to them, "Let no one leave any of it over till the morning." ²⁰ But they did not listen to Moses. Some left part of it till the morning, and it bred worms and stank...

REMEMBER

EXODUS 16:24 ESV

So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it.

REMEMBER

EXODUS 16:29-30 ESV

"See! The LORD has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." ³⁰ So the people rested on the seventh day.

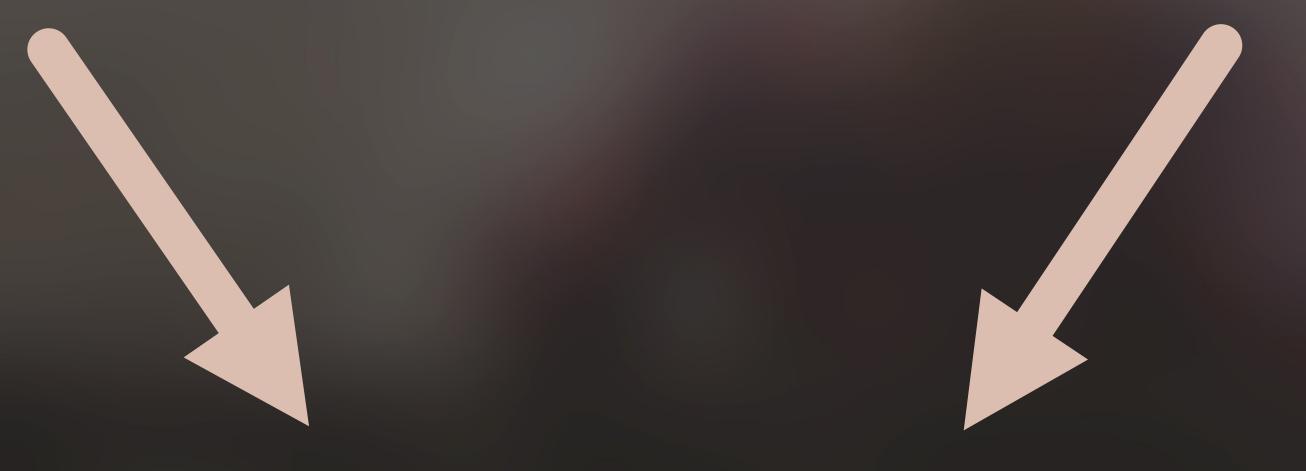
REMEMBER

EXODUS 16:29-30 ESV

"See! The LORD has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." 30 So the people rested on the seventh day.

Refraining

Remembering



Sabbath Rest

REMEMBER



EXODUS 31:12-13 ESV

And the LORD said to Moses, ¹³ "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you.

REMEMBER

tl

DEUTERONOMY 5:12-14 ESV

"Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God...:

REMEMBER



DEUTERONOMY 5:15 ESV

"You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day."

Refraining

Remembering



Sabbath Rest



PSALM 92:1-4 ESV

It is good to give thanks to the LORD, to sing praises to your name, O Most High; ² to declare your steadfast love in the morning, and your faithfulness by night, ³ to the music of the lute and the harp, to the melody of the lyre. ⁴ For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy.

Breathe In:

Love Joy Peace Patience Kindness Goodness Faithfulness Gentleness Self - Control

Breathe Out:

Hate Anger Anxiety Discontentment Thoughtlessness Pride Unbelief Temper Indiscipline