

SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | WORD | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | **SABBATH** | SERVICE

RHYTHMS



TRYING *vs.* TRAINING



SABBATH

GENESIS 2:1-3 ^{ESV}

Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

GENESIS 2:1-3 ESV

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SABBATH REST



Refraining

Remembering



Sabbath Rest

REFRAIN
REMEMBER

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REFRAIN
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...

REFRAIN
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...

REFRAIN
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...

REFRAIN
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.

REFRAIN
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.

REFRAIN
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

REFRAIN

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.

REFRAIN

REMEMBER

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...:

REFRAIN

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



SABBATH

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