

SIMPLE SABBATH

Simple : Truth #1 : MANUP.org

*Sabbath is an invitation to STOP, REST,
ENJOY, and REMEMBER that God is in control.*

Matthew 11 (MSG)

²⁸ Come to me. Get away with me and you'll
recover your life. I'll show you how to take a real rest.

Sabbath is an Invitation to . . .

1. Sabbath is an invitation to STOP.

Genesis 2

² On the seventh day God had FINISHED His work of creation,
so He RESTED from all His work. ³ And God blessed the
seventh day and declared it holy, because it was the day when
He rested from all his work of creation.

REST = Sabat - "to stop, to rest, to end, to remove"

Q: What do you need to STOP doing?

- Stop IGNORING the problem.
- Stop BLAMING others.
- Stop making EXCUSES.

*Sabbath is an invitation to
STOP doing and ENJOY being.*

2. Sabbath is an invitation to REST.

Matthew 11 (MSG)

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Sabbath is doing ANYTHING that RESTORES your mind, body, and spirit.

3. Sabbath is an invitation to ENJOY.

Ecclesiastes 3

13 Every man should eat and drink and enjoy the fruits of his labor, for these are gifts from God.

Sabbath is more than a DAY of rest - it’s a WAY of life.

4. Sabbath is an invitation to REMEMBER.

Ezekiel 20

12 And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the LORD, who had set them apart to be holy.

Sabbath is a weekly reminder that GOD is in control and YOU are not.

Group Discussion.

Q: What’s your biggest barrier to practicing Sabbath?

Q: What do you need to stop doing so you can rest?

Q: What’s a simple pleasure you can enjoy today?