

Feb 16, 2019

Be still, and know that I am God

Psalm 46:10

The Rest of God:

Matthew 11:28 / Romans 12:2 / Ephesians 4:20-24

- Certain aspects of God can only be found **IN MOTION**. Other aspects of God can only be found at **REST**.
- **Sabbath:** Literally “seventh”. Setting apart an entire day, 1 out of 7, for feasting, and resting, and worship, and play.
- Sabbath is time **SANCTIFIED** - **set apart to God**
- Sabbath is a day, but it's also an attitude. You cannot have a sabbath **DAY** without a sabbath **HEART**.

One Thing Before You Rest: You were created to **WORK**.

Genesis 2:15, 3:17-19 / Colossians 3:17, 23

Being Still:

Exodus 20:8-11 / Deuteronomy 5:12-15 / Luke 10:38-42

- Stop to **reflect God's example**.
- Stop to **rely on the Lord**.
- Stop to **remember God's deliverance**.
- Stop for **recreation**.
- Stop to **realign with God**.