

NOTES

Rhythms

Message 2 | Rest and Renewal

Genesis 2:1-3 (NIV84), Exodus 20:8-11 (NKJV) _____

Shabbath (pr. shab-bäth'): To cease, to desist from labor, to rest, to sit down, to sit still _____

Deuteronomy 5:15 (NIV84) _____

Why don't we practice the Sabbath? _____

1. We're too busy

Luke 5:16 (NLT) _____

2. We don't know how _____

Three components of the Sabbath Day

Rest _____

Reflection _____

Replenishment _____

3. We don't trust

Hebrews 4:11a (NKJV) _____

What is God speaking to me today? Who can I invite
to church? _____

