

Better | Different
 Week 3 - Sabbath
Text | Various
January 31st 2021

→ The Sabbath is a _____ to rest.

Sabbath = To Stop. To _____.

→ The Sabbath is a gift that is a cure to _____.

→ The Sabbath is a call to be _____...

→ The Sabbath is a call to be different... by saying with our lives... _____!

→ _____ the Sabbath positions you to live from a state of rest rather than restlessness... and that is different.

Reflection Questions:

- What if you practiced the Sabbath this week?
- What if the Sabbath is just really the way God set up the world for His people to live differently and thrive from a state of rest?
- What would you have to do to prepare to observe the Sabbath this week for one day?

From *Ruthless Elimination of Hurry* by John Mark Comer

Restfulness	Restlessness
Margin	Busyness
Slowness	Hurry
Quiet	Noise
Deep Relationships	Isolation
Time Alone	Crowds
Delight	Distraction
Enjoyment	Envy
Clarity	Confusion
Gratitude	Greed
Contentment	Discontentment
Trust	Worry
Love	Anger, Angst
Joy	Melancholy, Sadness
Peace	Anxiety
Working from love	Working for love
Work as contribution	Work for accomplishment & accumulation

27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. **28** So the Son of Man is Lord even of the Sabbath.”

Mark 2:27-28

CHURCH | 180
TURN TOWARD HOPE