

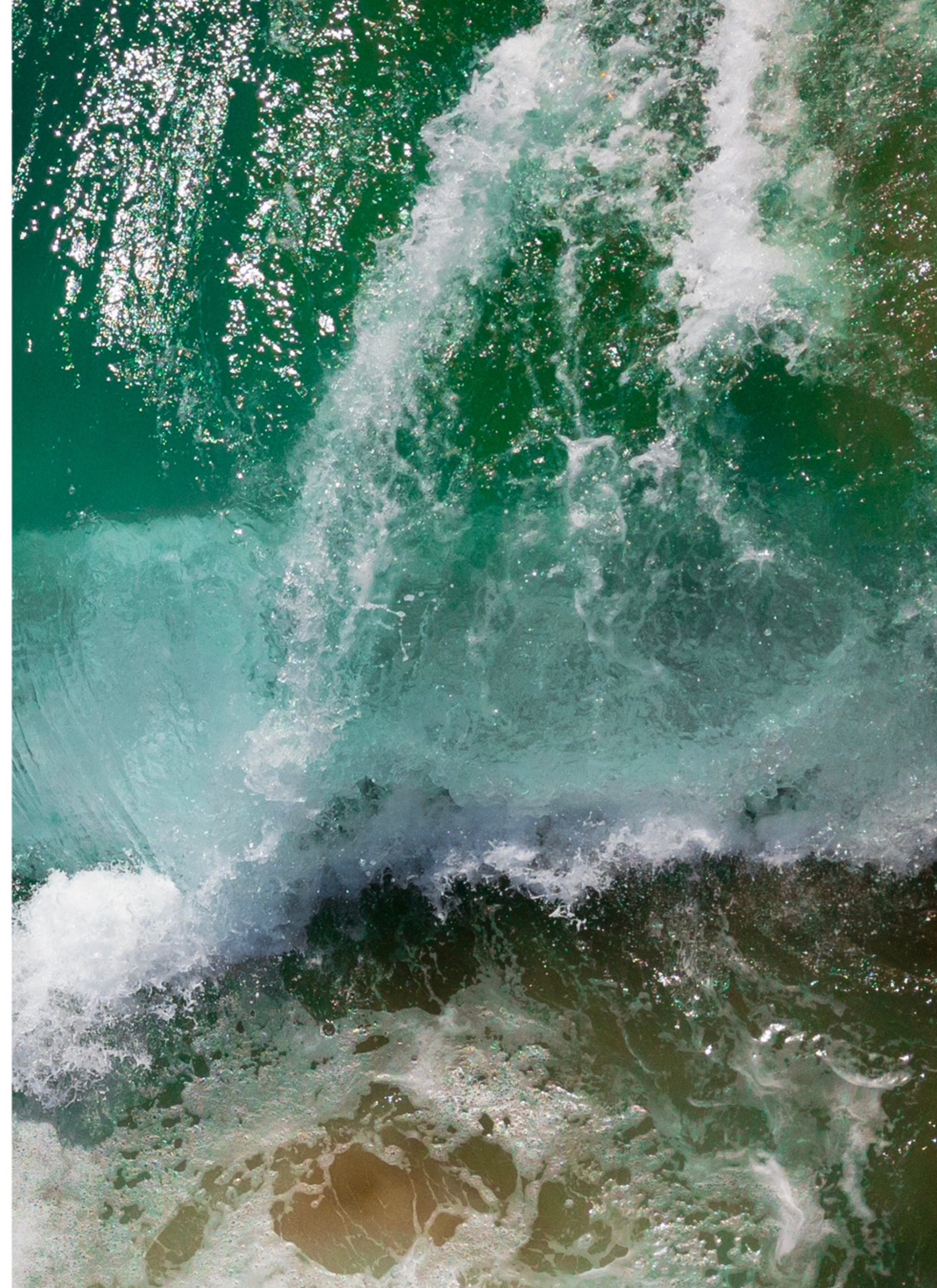
An aerial photograph of a surfer riding a wave in turquoise water. The surfer is positioned in the lower-left quadrant of the frame, riding a wave that is breaking towards the right. The water is a vibrant teal color, and the wave's crest is white with foam. The overall scene is dynamic and captures the rhythm of the ocean.

# **RHYTHMS OF GRACE**



**“Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.”**


**-Pete Scazzero**







# SABBATH QUESTIONS

- What fills your tank & excites you?
    - How do you receive rest?
    - What refreshes you?
  - How do you enjoy & delight in God & His grace?
    - How would you take extra time to seek Jesus?
- 



An aerial photograph of a waterfall, showing the water cascading down and creating white foam at the base. The water is a deep green color. A white rectangular box is centered horizontally across the middle of the image, containing the text "Sabbath | Fighting The Battle" in a dark blue, serif font.

**Sabbath | Fighting The Battle**



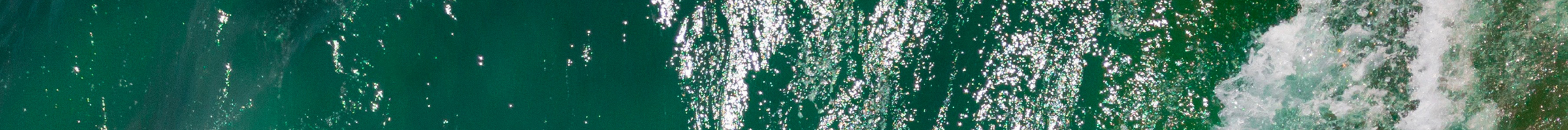
12 “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 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.”



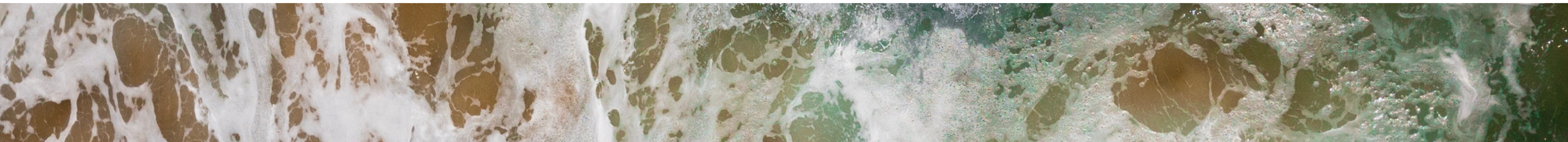
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**Sabbath | Fighting The Battle**





**“At Sinai, the Sabbath is an art form. It’s about tapping into the rhythm of creation; in Deuteronomy, the Sabbath is an act of defiance against Pharaoh and his slave drivers. At Sinai, it’s a way of saying yes to God and His world; in Deuteronomy, it’s a way of saying no to Egypt and its system. At Sinai, it’s an invitation to join God in delight; in Deuteronomy, it’s a warning to stay away from Egypt’s way of life... At Sinai, it looks back to Eden, but in Deuteronomy, it looks back to Egypt.” -John Mark Comer**





An aerial photograph of a waterfall, showing the white foam of the water as it falls and the vibrant green color of the water above. The text is centered on a white rectangular background that spans across the middle of the image.

# The Sabbath Is A Memorial

Ex 12:4; Gal 6:8

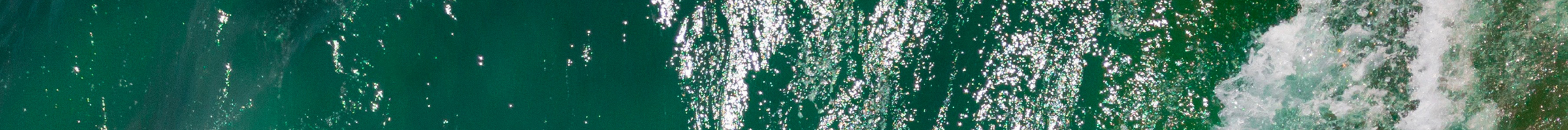




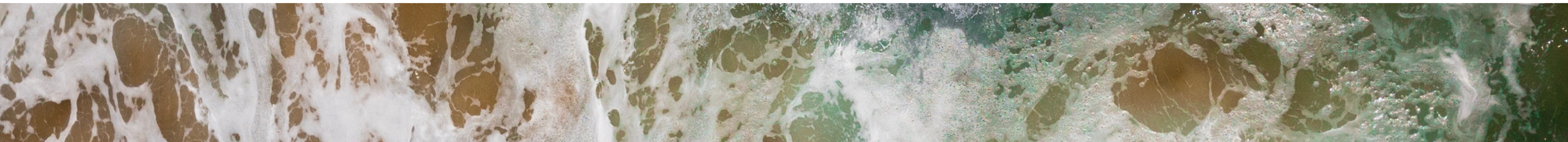
# The Sabbath Helps Us Fight

2 Cor 10:3-5; Num 15:3; Ex 14:14; Psalm 46:10; Isa 40:28-31; Ex 19:4-5





**“Even though the Sabbath is about imitation of the God who works and rests, it’s also a day to remember that we’re not God. We take a day off, and the world gets along just fine without us. We’re not as important as we think. The Sabbath is a day to embrace this reality, to let it sink in, to own it, to celebrate it. To celebrate our weakness, our mortality, our limits. To celebrate our God of strength and immortality and limitless. To rest with Him and to rest in Him.” -John Mark Comer**



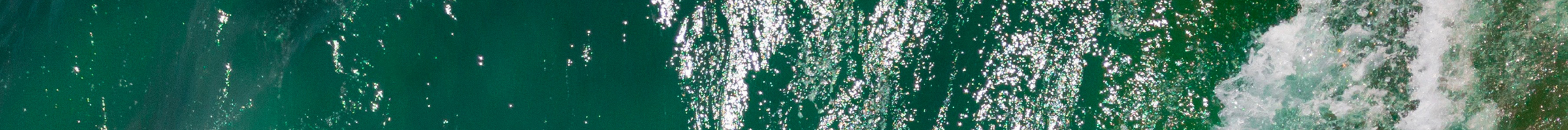




# The Sabbath Is A Powerful Witness

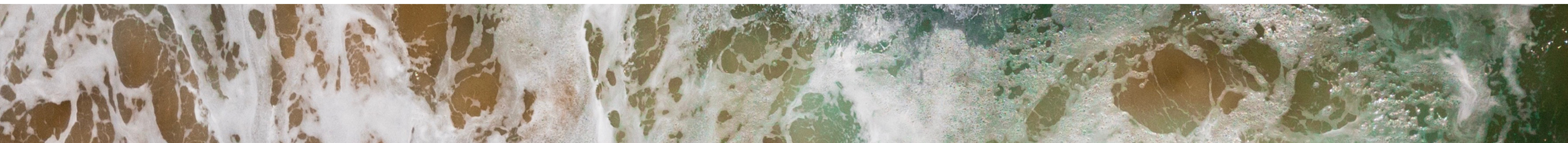
Matt 5:14-16; Ex 31:12-13; 1 Peter 3:15



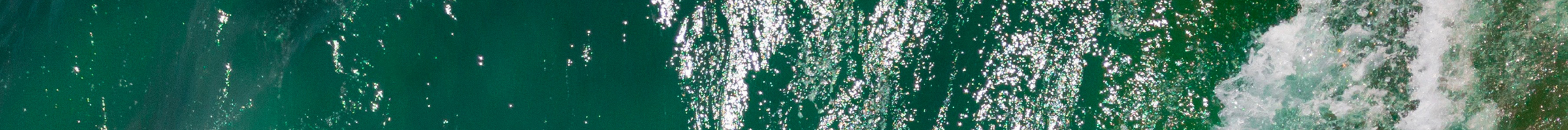


**“The Sabbath was a perpetual witness of the covenant between God & Israel. The truth is people’s beliefs are revealed to outsiders more through their actions than their words. People’s words are often the last thing we can rely on to discern their beliefs. The Jews believed that if you wanted to know who knew God, you could tell by looking at their schedules...”**

**-AJ Swoboda**

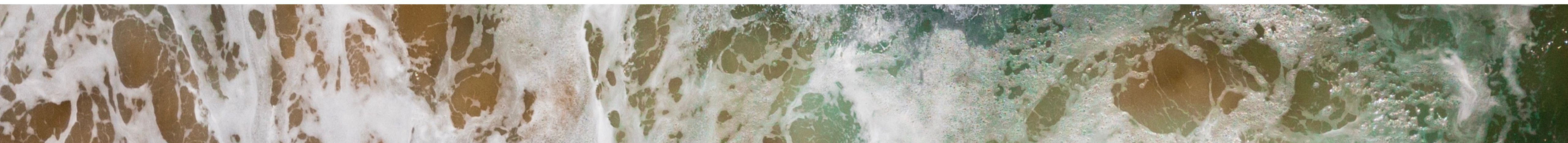




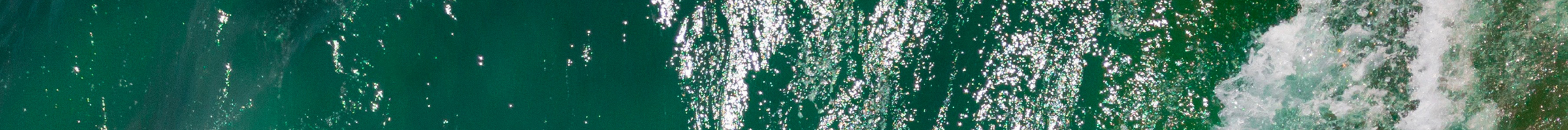


**“Christian Sabbath-keeping is a calendared sign, a confession that Christ is Lord and we are not. I think that the Sabbath very well could have the same effect in our world. As the world looks at the church and the way it rest, it would notice that Christians are a different kind of people who live according to a different set of commitments. But not only this: the church is to be that contest society where the world learns what true rest is.”**

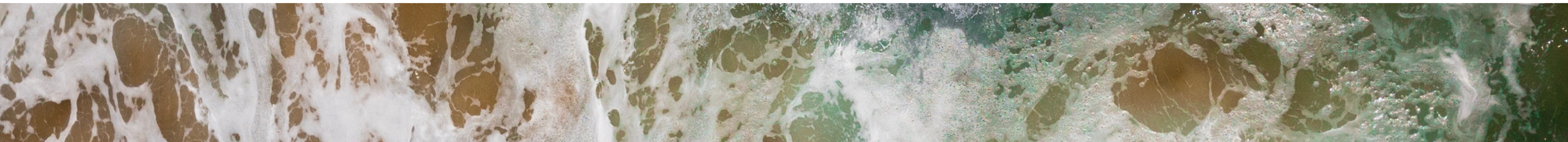
**-AJ Swoboda**







**“As the church enters Sabbath, it is embodying the rest of God for the world. And it is God’s rest that the world needs...The church at rest is a sign pointing toward the risen Christ; it is not an end in and of itself. We are light shining the life of Christ in a dark, tired world. Sabbath is countercultural living. In a world where the overall sales of various energy drinks such as Monster Energy, Red Bull, and Rockstar have increased some 5,000 percent since 1999, embodying Sabbath will offer a witness and context for conversations of eternal importance with a broken, lost world. -AJ Swoboda**





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