

# HABITS

FOR THE WEARY SOUL











## Corporate Purpose

To glorify God by being a faithful steward  
of all that is entrusted to us and to have a positive  
influence on all who come into contact  
with Chick-fil-A



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# Deuteronomy 5:12-15

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work”



# Deuteronomy 5:12-15

neither you, nor your son or daughter,  
nor your male or female servant, nor  
your ox, your donkey or any of your  
animals, nor any foreigner residing in  
your towns, so that your male and  
female servants may rest, as you do.



# Deuteronomy 5:12-15

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.



# Sabbath

**We glorify God when we stop, rest  
and delight in Him**



# Sabbath

**We glorify God when we stop**



# Deuteronomy 5:12-14

“Observe the Sabbath day by **keeping it holy**, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. **On it you shall not do any work**”



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# Sabbath

We glorify God when we stop

Fear and Stopping



# Stop

- **Paid Work**
- **Chores**
- **Phone**
- **Required Shopping**
- **Email**
- **Unpaid Work**
- **Social Media**
- **Studying**
- **News**
- **Anger/Stress**



# Sabbath

**We glorify God when we stop**

**We glorify God when we rest**



# Deuteronomy 5:12-14

On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants **may rest, as you do.**



**Rest**

**Slaves EARN rest**



# Rest

Slaves **EARN** rest

God's children are **GIVEN** rest



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# Rest

- Sleeping In
- Good Meal
- Nap
- Reading
- Entertainment
- Family
- Friends
- Exercise



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# Sabbath

**We glorify God when we stop**

**We glorify God when we rest**

**We glorify God when we delight in  
Him**



# Deuteronomy 5:15

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a **mighty hand and an outstretched arm**. Therefore the Lord your God has commanded you to observe the Sabbath day.



**Delight in Him**

**Delight in the Power of God**



# Delight in Him

Unless the Lord builds the house,  
the builders labor in vain.

Unless the Lord watches over the city,  
the guards stand watch in vain.

In vain you rise early  
and stay up late,  
toiling for food to eat—

for he grants sleep to those he loves. Psalm 127:1-2



**Delight in Him**

**Delight in the Power of God**

**Delight in his gifts**



# Delight in Him

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.  
(Genesis 1:31 )



**Delight in Him**

**Delight in the Power of God**

**Delight in his gifts**

**Delight in Jesus**



# Delight in Him

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"



# Delight in Him

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” (Luke 10:38-41)



# Delight in Him

- **Worship**
- **God's Word**
- **Silence**
- **Nature**
- **Thankfulness**
- **Journaling**
- **Prayer**
- **Fellowship**



# Sabbath

**We glorify God when we stop, rest  
and delight in Him**



A row of white rectangular blocks of varying heights is arranged on a dark, textured concrete floor. The blocks are positioned against a background of a grey brick wall. The tallest block is on the left, and the height of the blocks decreases as they move towards the right, creating a sense of perspective. The lighting is soft, casting gentle shadows on the floor.

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