

# 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







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 lighting is soft, casting gentle shadows from the blocks onto the floor. The overall composition is minimalist and architectural.

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## Mark 2:23-24

*“One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”*



## Mark 2:25-26

*<sup>25</sup> He answered, "Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."*



Jesus teaches us that on the  
Sabbath we...

**STOP**



# Sabbath Defined

A day where we **STOP** from what is necessary so we can **REST** our body/soul and **DELIGHT** in who God is.



## Exodus 20:8-10

*“Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns*



# Exodus 20:11

*<sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”*









**Don't Stop...Break the Law**





**Complete Stop...Obey the Law**





**Almost Stop...Keep the Law**



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**SUNDAY**





**SUNDAE**



**Do you have a Sabbath? Have you  
chosen a day?**



# What do you need to STOP doing on the Sabbath?





**Mark 2:27**

*“The Sabbath was made for man, not  
man for the Sabbath.”*



Jesus teaches us that on the  
Sabbath we...

**REST**



**Sabbath = Gift of REST**

**“We don’t keep the Sabbath the  
Sabbath keeps us!”**



## Hebrews 4:9-11

*<sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*



**Sabbath = Gift of REST**

**When we receive the gift of Sabbath  
REST it ALLOWS GOD to complete the  
work WE SET OUT TO DO.**

**Taking a Sabbath REST allows God to  
COMPLETE the work that we could  
NEVER FINISH ourselves.**



*“We do not therefore spend the Sabbath trying to save the world...On the Sabbath we remember that it is God’s role to save and restore the world.”*

*Marva Dawn*



## John 3:16-17

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. <sup>17</sup> For God did not send his Son into the world to condemn the world, but to save the world through him.”*



The degree that you  
can **TRUST** in Jesus  
is the degree to  
which you can **REST**  
in Jesus.



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**Are you fearful, anxious and  
spiritually exhausted?**



**Mark 2:28**

*“So the Son of Man is Lord even of  
the Sabbath.”*



Jesus teaches us that on the  
Sabbath we...

**DELIGHT**



## Deuteronomy 5:12-14

*Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a sabbath to the LORD your God. 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.*



# Deuteronomy 5:15

*<sup>15</sup> 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.*



**Because we are not slaves, we make the Sabbath holy when we set aside a day to pray, a day to play and delight in the fact that we are loved by God for who we are, not what we do.**



## Psalm 1:1-4

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose DELIGHT is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.”*

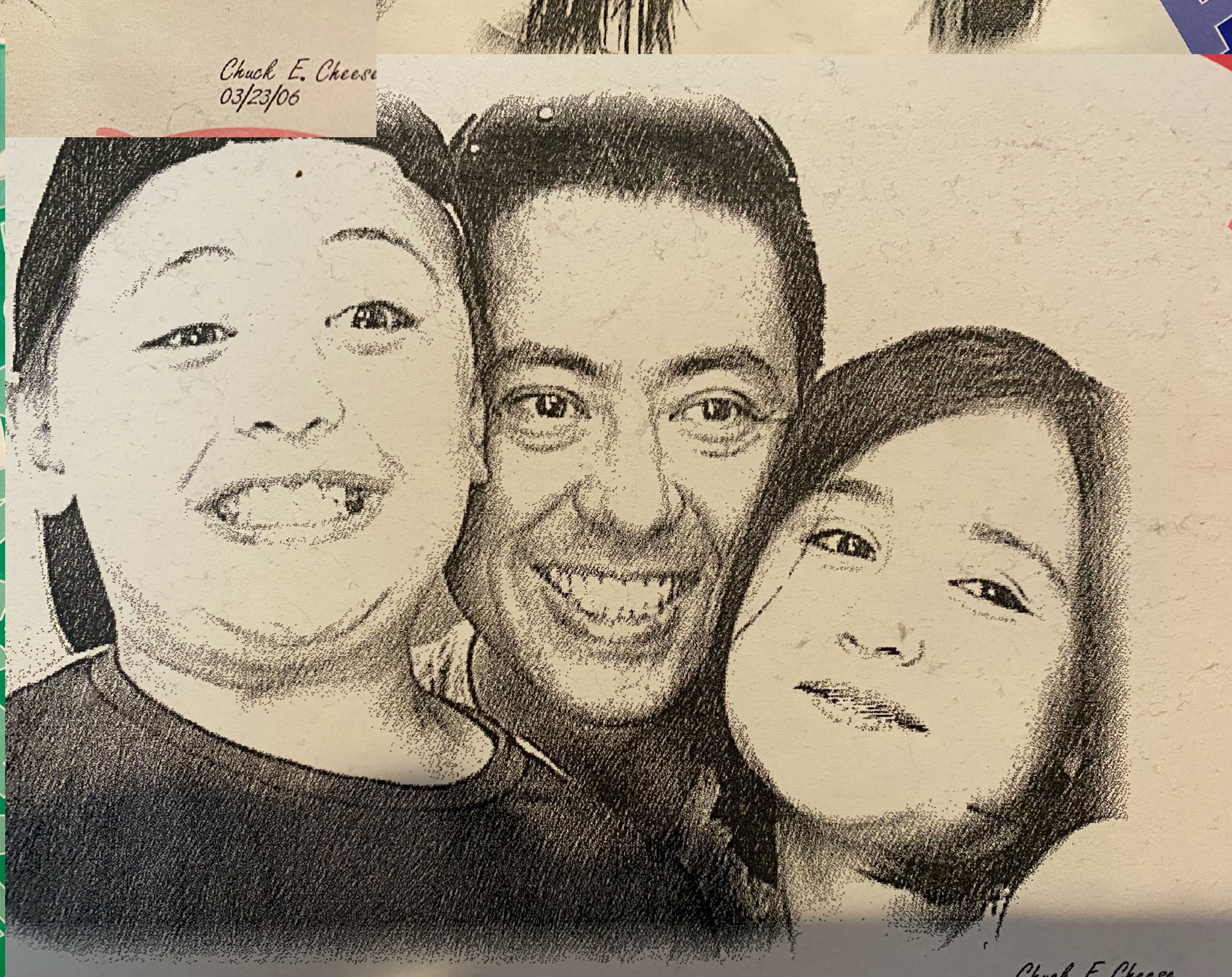
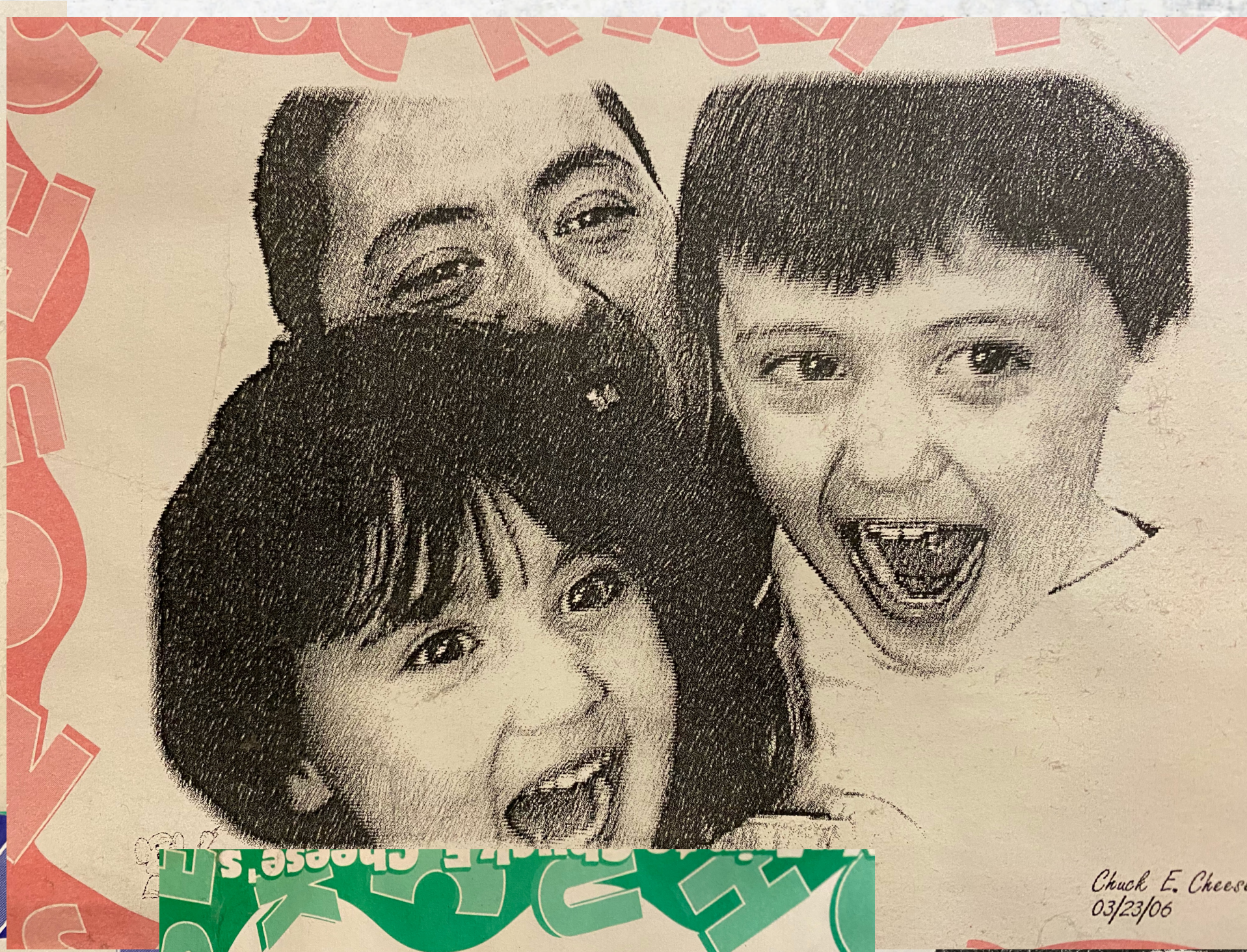
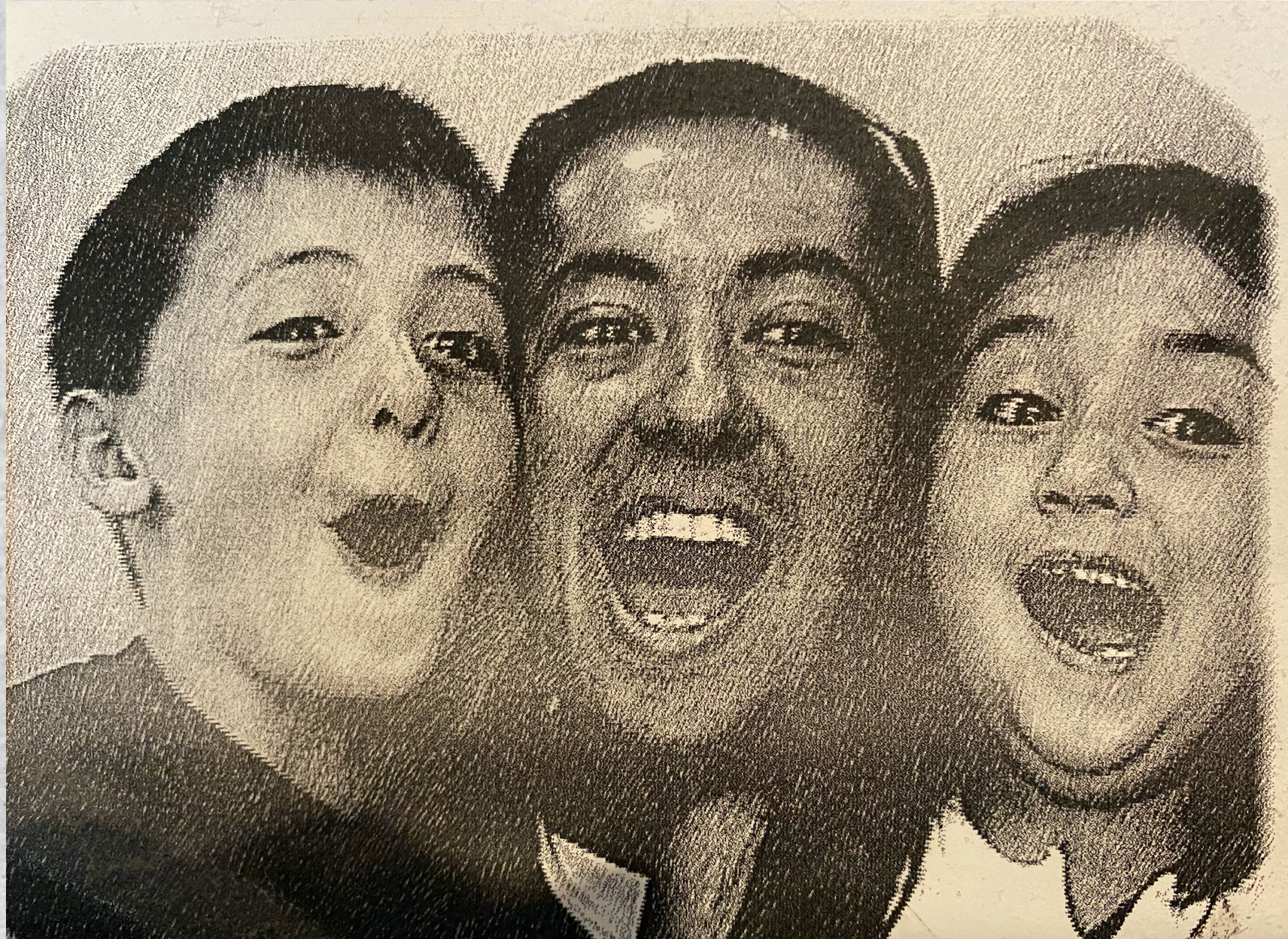


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Chuck E. Cheese  
03/23/06

Chuck E. Cheese  
06/22/05

Chuck E. Cheese



**Do you look forward to and get  
excited about the Sabbath?**



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