

# HABITS

FOR THE WEARY SOUL





**Sabbath: Uncluttered time and space to distance ourselves from the frenzy of our own activities so we can see what God has been and is doing.**

**EUGENE H. PETERSON**



# Big Idea

God's gift of the sabbath invites us  
to rest and remember.



































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# Mark 2:23-28

**<sup>23</sup>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?”

<sup>25</sup>He answered, “Have you never read what David did when he and his companions were hungry and in need?



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**<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.”**

**<sup>27</sup>Then he said to them, “The Sabbath was made for man, not man for the Sabbath.**

**<sup>28</sup>So the Son of Man is Lord even of the Sabbath.”**



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RICH VILLODAS

Sabbath is a 24-hour  
exhale.



In our fast-paced world, practicing the Sabbath is more essential than ever. Through it, God invites us to slow down so that we can experience the grace and peace He offers that counters the exhaustion of our everyday lives.

LYNNE M. BAAB



# Big Idea

God's gift of the sabbath invites us  
to rest and remember.



# Exodus 20:8-11

<sup>8</sup>“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 20:8-11

<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.



If we do not regularly quit work for one day a week, we take ourselves far too seriously. The moral sweat pouring off our brows blinds us to the action of God in and around us.

**EUGENE H. PETERSON**

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**Honoring Sabbath means letting  
go of our treasured illusions of  
being indispensable.**

**MARJORIE THOMPSON**



# Big Idea

God's gift of the sabbath invites us  
to rest and remember.



# Deuteronomy 5:12-15

<sup>12</sup>“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,



# Deuteronomy 5:12-15

neither you, nor your son or daughter, nor your male or female servant, not 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

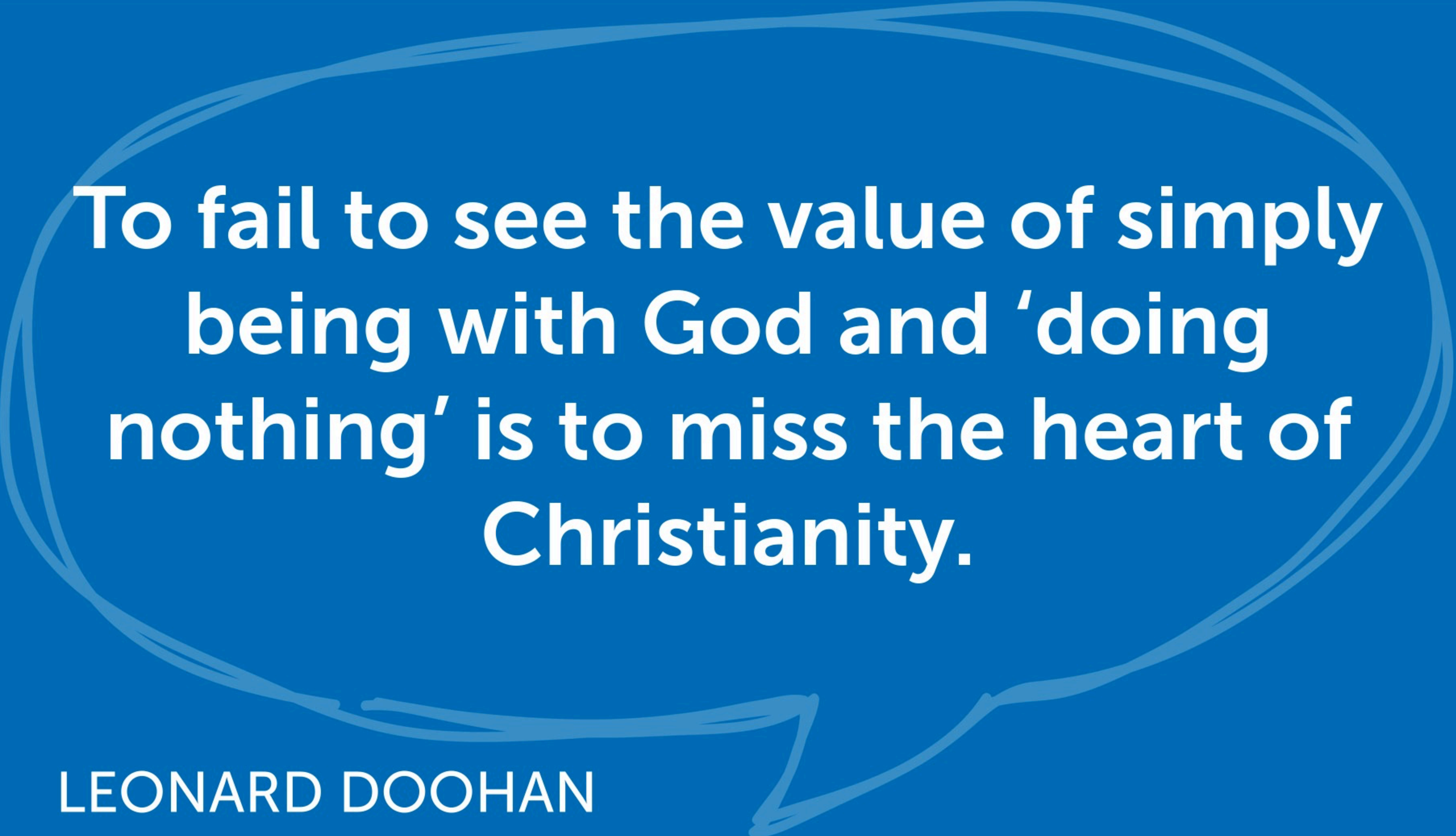
<sup>15</sup>Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.



“We have been called out of a world trying to prove its worth and value by what it does or possesses. We are deeply loved by God for who we are, not for what we do.”

PETER SCAZZERO





To fail to see the value of simply  
being with God and 'doing  
nothing' is to miss the heart of  
Christianity.

LEONARD DOOHAN



We're generally quite good at  
doing something, but we're  
really bad at doing nothing.

JOHN ORTBERG







# I Don't Have Time

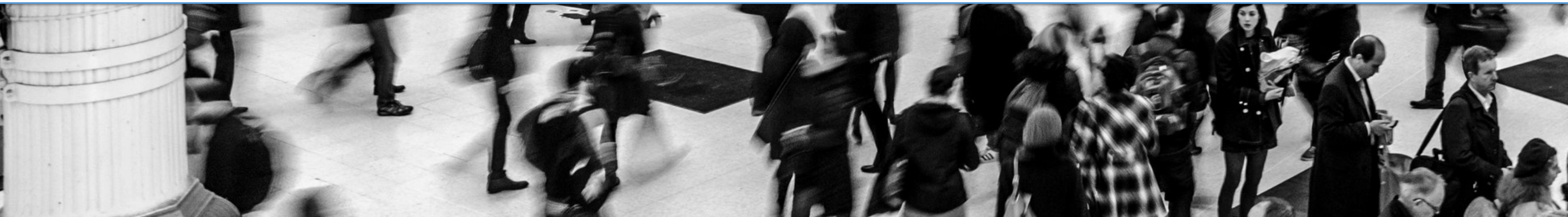




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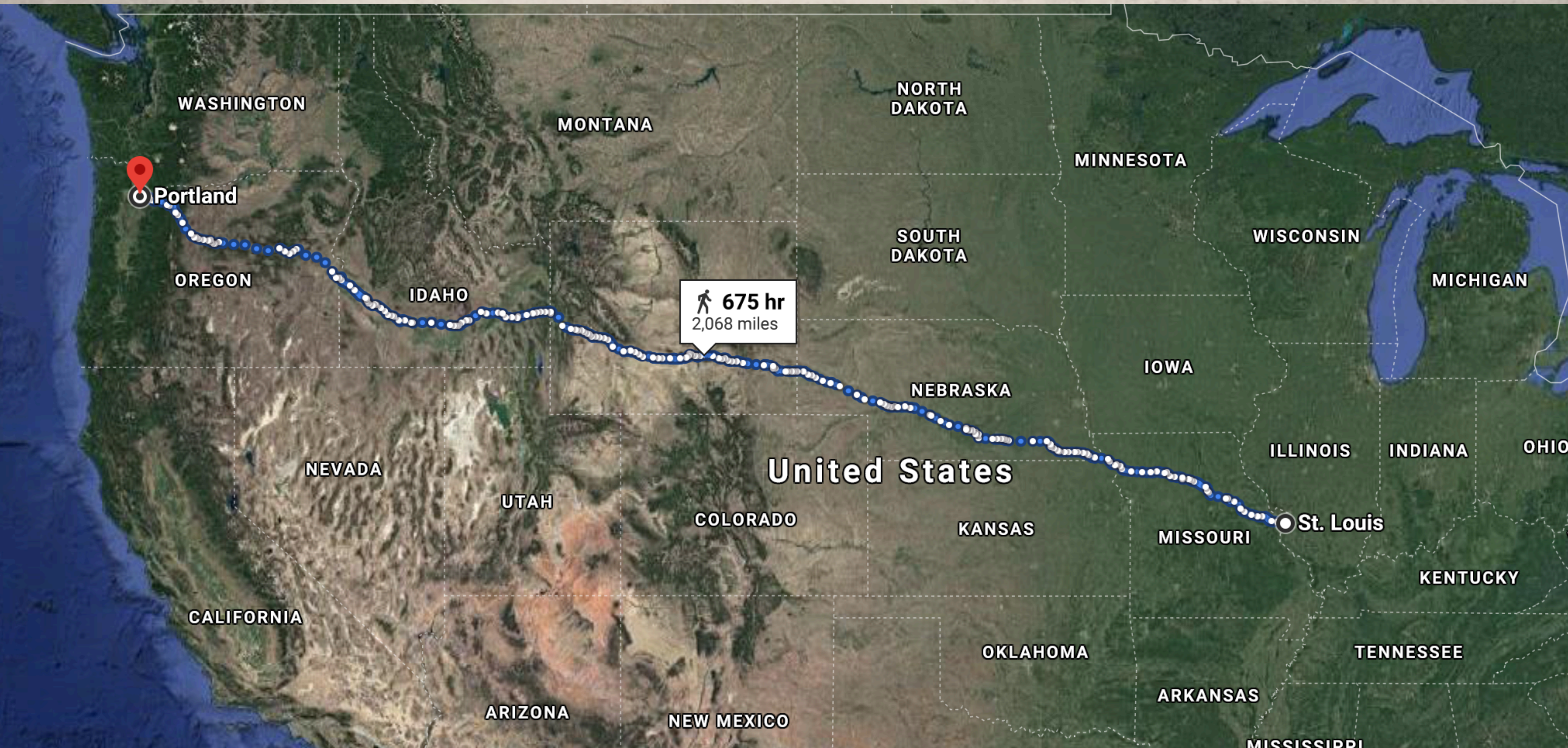
# I Have A Crazy Boss / Life













**The core spiritual issue in stopping revolves around trust. Will God take care of us and our concerns if we obey him by stopping to keep the Sabbath?**

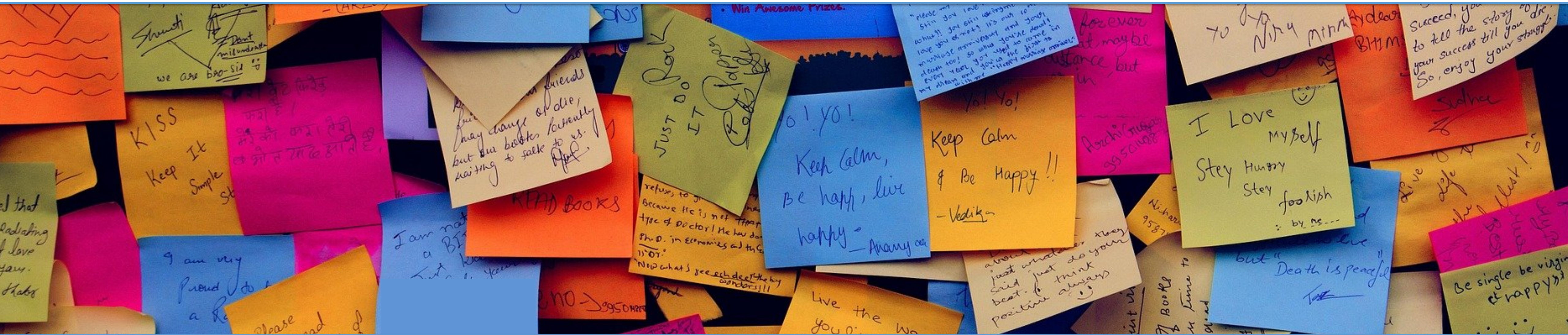
**PETER SCAZZERO**



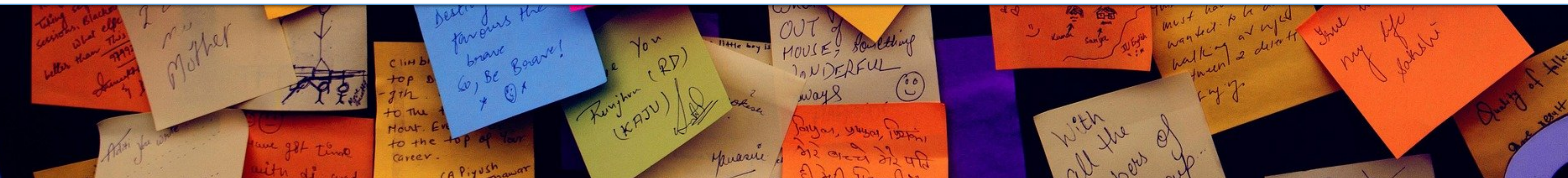
# I Don't Know What To Do



and kept  
 Megha Singh Smith  
 from  
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 that  
 reality  
 believe it  
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 happy forever  
 Just  
 Subodha  
 → XYZ  
 but never



# I Don't Know Where To Begin





The ritual of Sabbath-keeping is a radical statement that we are not God, and we trust him to hold the world together, even if we stop for one day each week

PETER SCAZZERO















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