

# Remember the Sabbath: Rest and Restoration

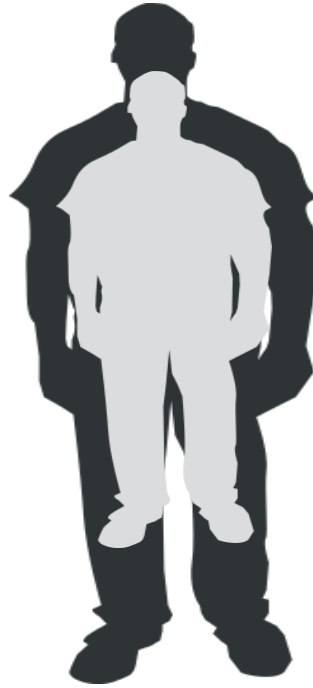
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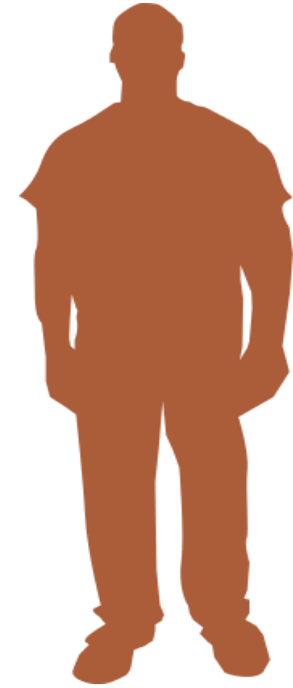
STEPHEN SPENCE

# AN EMBODIED SOUL

“God breathed  
into his nostrils  
the breath of life,  
and the man  
became  
a living being.”  
Genesis 2:7



Dualism: mortal body  
+ immortal soul/spirit



Holistic: a living being  
body, flesh, soul, spirit,  
mind, heart, strength

*Acting wholistically is a spiritual duty*

# Does busyness = holiness ?

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Remember the Sabbath day and keep it holy. Six days you shall labour and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work. (Exodus 20:8-10)

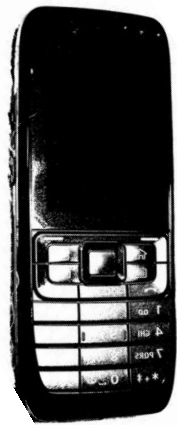
Be careful, then, how you live, not as unwise people but as wise, making the most of the time [KJV: redeeming the time], because the days are evil. (Ephesians 5:16)

*God's blessings are not earned through hard work*

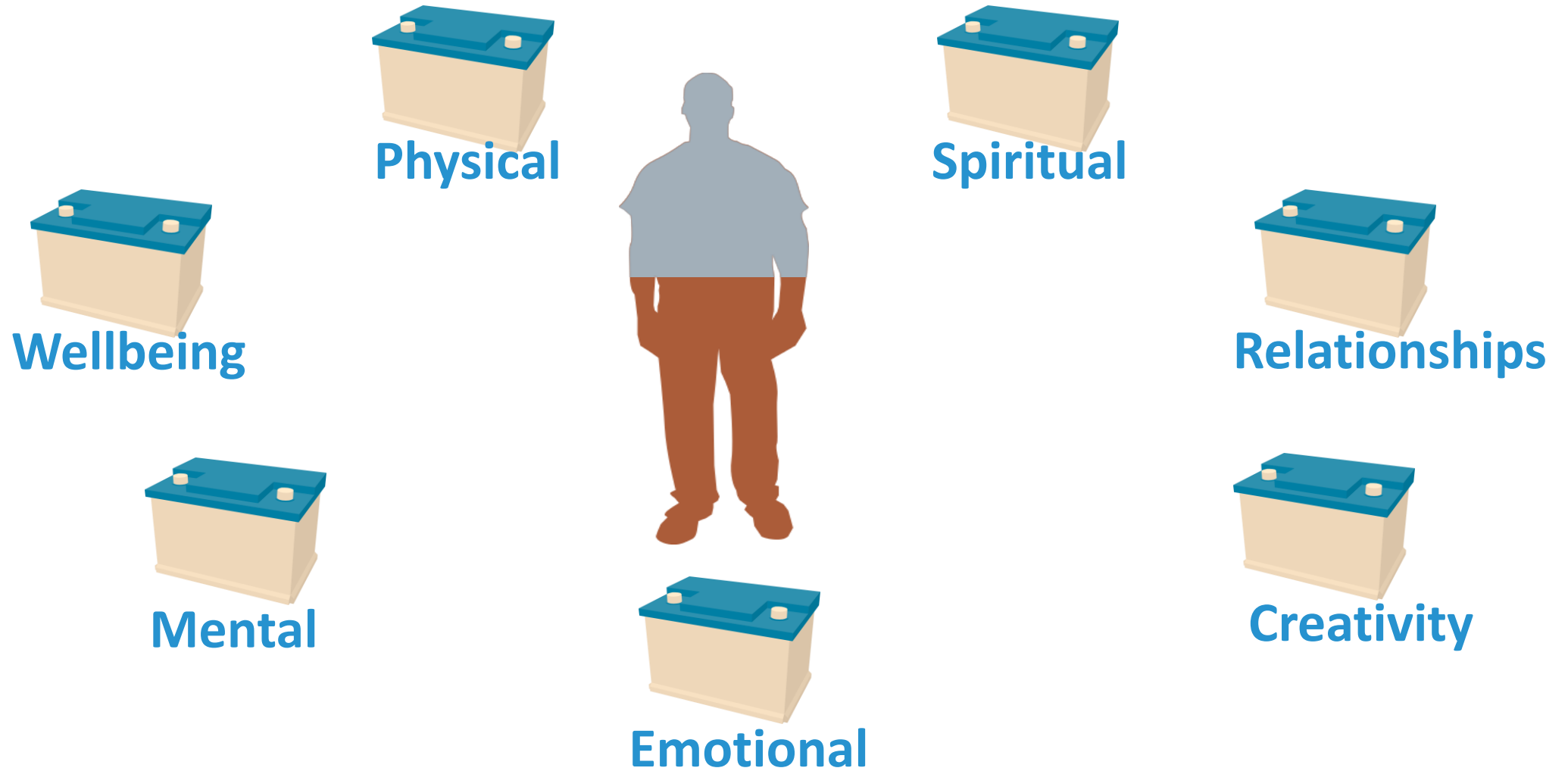
# Built into Creation: Sabbath

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## The need for Rest **AND** Restoration



Turning it off isn't the same as recharging it!



# Recharging your batteries

# Sabbath PLUS Holy Days

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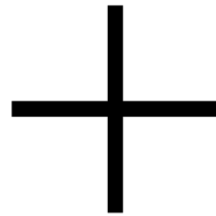
The apostles gathered around Jesus and told him all that they had done and taught. He said to them,

“Come away to a deserted place all by yourselves and rest a while.”

For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.

# Recharging is a Spiritual Duty and a Spiritual Discipline

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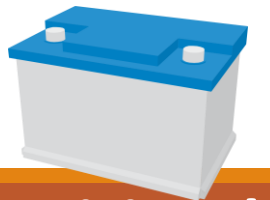


# Recharging is a Spiritual Duty and a Spiritual Discipline

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Spending time with Jesus,  
with no agenda

Rhythms and routines. Consistent without being legalistic. Have fun. Start small. Practice... fail... laugh at yourself... practice again. As we do, the God of peace will be with us.



Spiritual



# Keeping the Sabbath

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The Sabbath cannot be treated as if it is just an abstract and outdated religious ritual.

The Sabbath is a full-bodied spiritual discipline.

The Sabbath allows us to recharge all of our batteries.

Drained batteries are a warning about missed Sabbaths and an invitation to again spend time with Jesus – no agendas, no performance indicators, no pressure – just time with Jesus