

Investigate Sabbath Rest: A Guide to Help You Thrive

Why do you want to explore Sabbath rest?

How do you think Sabbath rest will benefit you and your family?

After asking the Holy Spirit to guide you, read the following texts in the Bible and jot down what you think God wants you to learn about rest from reading them (remember that 'the Sabbath' refers to something that belongs to God and 'a sabbath' refers to a rest or celebration):

Genesis 2:2-3

Exodus 20:8-11

Matthew 4:23

Matthew 9:35

Matthew 12:1

Matthew 12:10

Matthew 22:34-40

Mark 2:23

Mark 2:27

Mark 3:1-4

Mark 12:28-34

Luke 4:31

Luke 6:1-10

Luke 10:27-28

Luke 13:10

Luke 14:1

John 9:14

John 18:20

Romans 13:8-10

Galatians 5:13-15

Hebrews 4:9-11

James 2:8-11

Summarize what you learned about the Sabbath and God's purpose in giving us the Sabbath.

A large rectangular box with a light blue border, intended for writing a summary. The box is empty and occupies most of the lower half of the page.

How do you want to feel at the end of the Sabbath?



How could you reverse-engineer the sabbath (from sundown to sundown) so you would end up feeling the way you want to feel?



When will you start your adventure of Sabbath rest?