
THE ART OF REST

WEEK 2 –SABBATH ESSENTIALS

As we continue in this journey of learning the art of rest, we are going to look at 3 very simple essentials to Sabbath that we must realize & practice if we want to live into the definition we looked at last week.

God intends for us to experience _____.

3 Essentials to Sabbath:

1. _____

- 2 distinct Greek words for _____

2. _____

- _____ is simply _____.

3. _____

- Sabbath isn't just about _____; it is even more about _____ for the

_____.

Sabbath is intentionally taking _____ before each week, and even throughout your day, to _____, to _____, and to _____ on how great God is.