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# THE ART OF REST

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## WEEK 3 –SABBATH PRACTICES

Today, we conclude this series by looking at 3 Sabbath Practices  
– vital habits that function like a breath of fresh spiritual air.

### 3 Sabbath Practices:

1. \_\_\_\_\_

- We don't seek \_\_\_\_\_, we seek \_\_\_\_\_.
- Sabbath is for \_\_\_\_\_ in order to \_\_\_\_\_ first.

2. \_\_\_\_\_

- Sabbath is an \_\_\_\_\_ of \_\_\_\_\_ and a \_\_\_\_\_ of our \_\_\_\_\_.

3. \_\_\_\_\_

- God has always desired to provide \_\_\_\_\_ for his \_\_\_\_\_.

\_\_\_\_\_ doesn't \_\_\_\_\_. \_\_\_\_\_ it and it will \_\_\_\_\_.