



Sabbath

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Sabbath 安息日

From 'Practicing The Way'





Part 1 - Stop

Part 2 - Rest

Part 3 - Delight

Part 4 - Worship



Genesis 2:2-3

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day **and made it holy**, because on it he rested from all the work of creating that he had done.”

—
Holy: special, sacred,
other, unique, uncommon.



**HOLY: SET APART
by God, for God.**

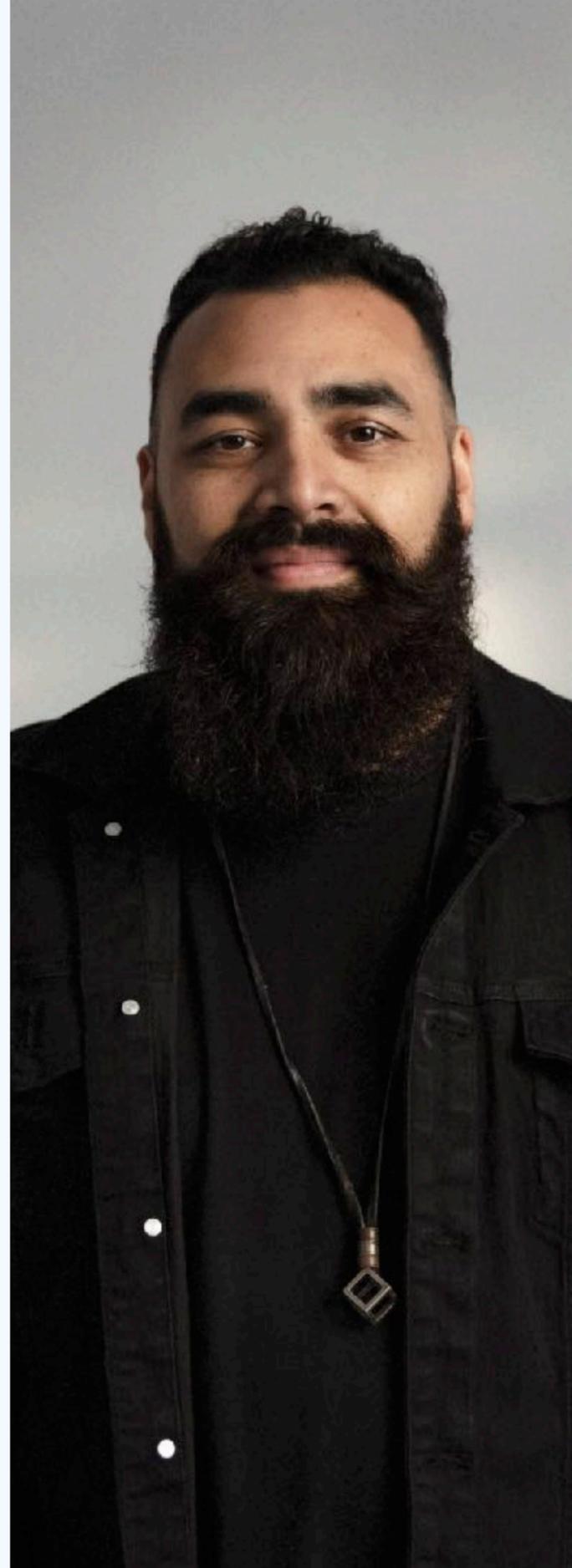
**The
Sabbath
is Holy
神聖**



Exodus

16:23

“[Moses] said to them, ‘This is what the Lord commanded: “Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord.”””



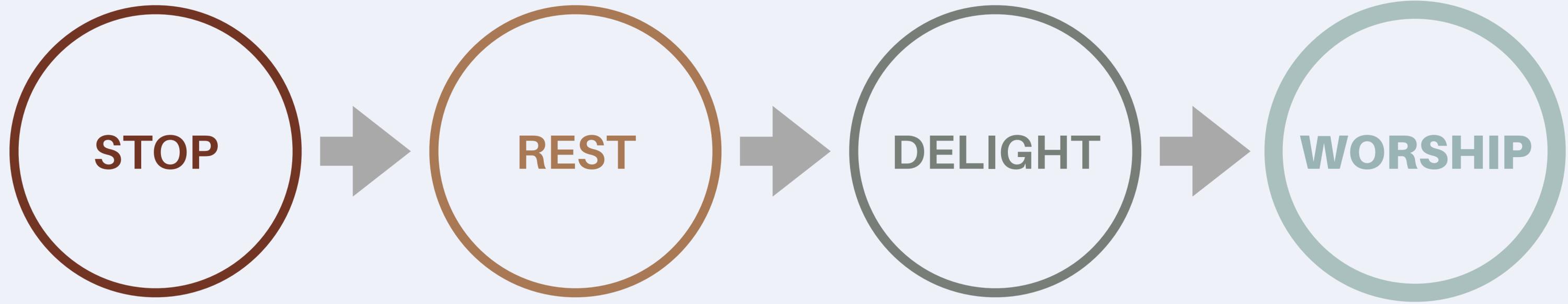
WHAT
IS
WORSHIP?

“To worship is to orientate 瞄準 and reorientate your entire life around God, our Creator, our Center.”



Sabbath progression...

Sabbath



Stop the rush
hurry and
busyness

Rest from
working and
consuming

Delight in God
and in his
world and gifts

Orientate
ourselves
around God



Exodus
20:8

“Remember the Sabbath day by
keeping it holy.”



Sabbath worship gives soul satisfaction



Who, or what,
do you worship?



"All week long, the false gods of the world lure us out of our orbit around God in a kind of gravitational decay... invisible, yet powerfully pulling us down... They all promise us rest - and a sense of joy, satisfaction, identity, community, etc. Yet all they give is... incessant weariness and emptiness of soul."

John Mark Comer





Ways to worship



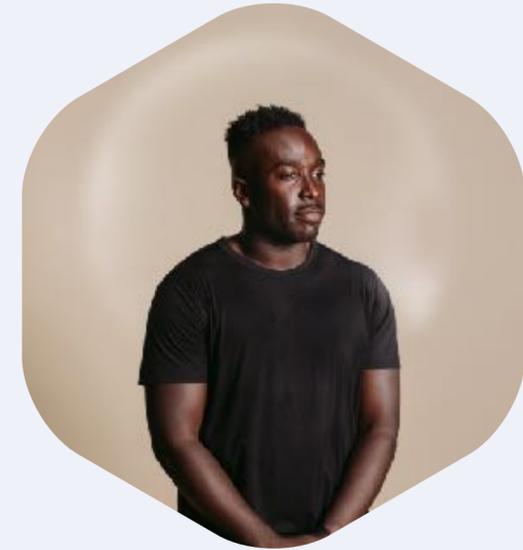
GO TO CHURCH

Worship God in
community



PAUSE & PRAY

Rest in God's
goodness



BE STILL

Quiet your soul in
God's presence



STOP

the hurry &
the busyness



REST

from working
& consuming



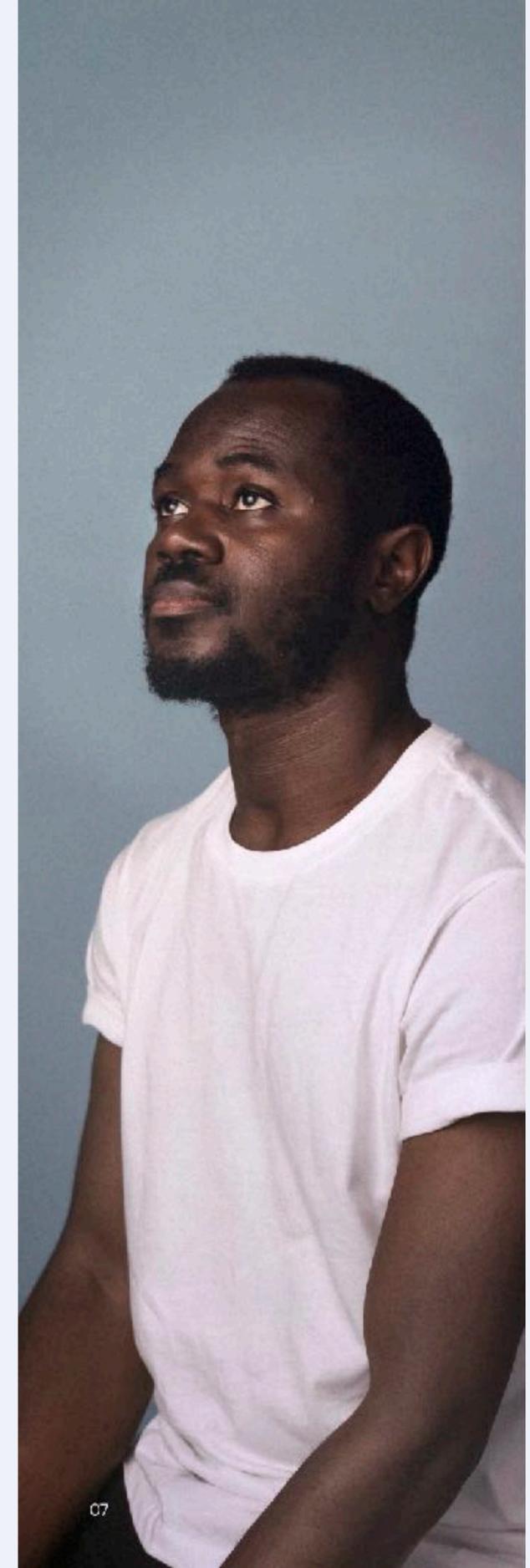
DELIGHT

in God & in his
world & gifts



WORSHIP

to orientate
around God



Sabbath Reflection