



Nourish

Sabbath Rest

Exodus 20:8-11 NIV

- 8 Remember the Sabbath day by keeping it holy.
- 9 Six days you shall labor and do all your work
- 10 But the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

Exodus 20:8-11 NIV

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Mark 2:27 NIV

Then he said to them, “The Sabbath was made for man, not man for the Sabbath.



Isaiah 58:13-14 MSG

13 “If you watch your step on the Sabbath and don’t use my holy day for personal advantage If you treat the Sabbath as a day of joy, GOD’s holy day as a celebration If you honor it by refusing ‘business as usual,’ making money, running here and there

Isaiah 58:13-14 MSG

14 Then you'll be free to enjoy God! Oh, I'll make you ride high and soar above it all. I'll make you feast on the inheritance of your ancestor Jacob." Yes! God says so!

Exodus 23:12 NIV

12 Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.

Psalm 127:1-2 NIV

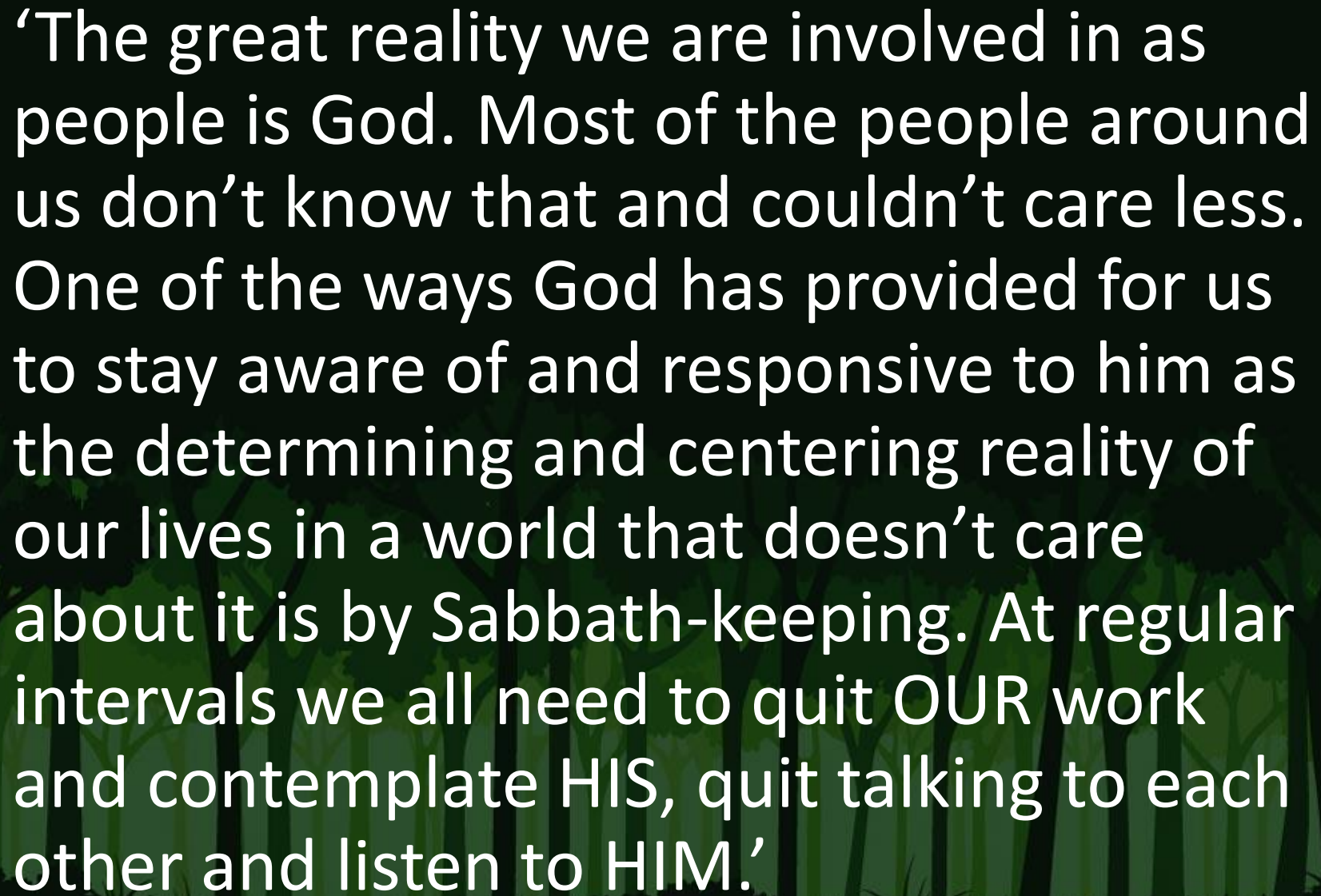
- 1 Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain.
- 2 In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.

Deuteronomy 5:15 NIV

Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.







‘The great reality we are involved in as people is God. Most of the people around us don’t know that and couldn’t care less. One of the ways God has provided for us to stay aware of and responsive to him as the determining and centering reality of our lives in a world that doesn’t care about it is by Sabbath-keeping. At regular intervals we all need to quit OUR work and contemplate HIS, quit talking to each other and listen to HIM.’

Eugene Peterson