

Self Care

GOD'S WAY





A MISUNDERSTOOD GIFT

“WHILE WE ARE DISAPPOINTED IN HOW SOME HAVE MISINTERPRETED THIS COMMERCIAL; WE BELIEVE THE PELOTON BIKE CAN CHANGE LIVES MEANINGFULLY AND POSITIVELY.” – PELOTON



A MISUNDERSTOOD GIFT

WHILE I AM DISAPPOINTED IN HOW SOME HAVE MISINTERPRETED THE SABBATH; I BELIEVE THE SABBATH CAN CHANGE LIVES MEANINGFULLY AND POSITIVELY.



A MISUNDERSTOOD GIFT

SABBATH IS NOT A COMMAND BUT AN INVITATION TO JOURNEY TOWARDS INTIMACY WITH JESUS. IT'S AN INVITATION TO MAKE SPACE FOR OUR SOULS TO REST AND APPRECIATE GOD'S PRESENCE.



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”



A MODEL OF CEASING



A MODEL OF CEASING

- REST BEGINS BY CEASING FROM PREVIOUS ACTIVITY



A MODEL OF CEASING

- REST BEGINS BY CEASING FROM PREVIOUS ACTIVITY
- WORK IS NOT THE ENEMY



A MODEL OF CEASING

“GOD VALUES OUR WORK AND WANTS US TO VALUE IT LIKewise. THERE IS SANCTITY IN HONEST WORK. THERE IS SOMETHING IN IT THAT PLEASE NOT JUST THE EYES OF MAN BUT THE HEART OF GOD.” – MARK BUCHANAN



STOP TRYING TO BE GOD



STOP TRYING TO BE GOD

- WHEN WE RESIST SABBATH, WE TRY TO TAKE THE PLACE OF GOD.



STOP TRYING TO BE GOD

- WHEN WE RESIST SABBATH, WE TRY TO TAKE THE PLACE OF GOD.
- TRUST GOD AND ENJOY HIS PRESENCE



STRIVE LESS, RECEIVE MORE



STRIVE LESS, RECEIVE MORE

MARK 2:27 – THEN HE SAID TO THEM, “THE SABBATH WAS MADE FOR MAN, NOT MAN FOR THE SABBATH”



STRIVE LESS, RECEIVE MORE

- SABBATH IS AN INVITATION FOR US TO REST IN JESUS



STRIVE LESS, RECEIVE MORE

- SABBATH IS AN INVITATION FOR US TO REST IN JESUS
- SABBATH REST INVITES YOU TO REFOCUS YOUR HEART, QUIET YOUR MIND AND DEVOTE YOUR TIME TO THE EMBRACE OF GOD.



“GOD WANTS TO DO A PURIFYING WORK IN US. WHEN WE ARE BUSY WORKING, WE MAY NOT NOTICE THE DEPTH OF “CANCER” STILL WITHIN OUR SOULS, DROWNED OUT BY OUR DAILY TASKS. BUT WHEN WE TAKE TIME TO ABSTAIN FROM LABOR, WE’RE NO LONGER DISTRACTED BY OUTSIDE RESPONSIBILITIES AND THE STATE OF OUR INNER MAN TAKES CENTER STAGE AS WE ALLOW THE LORD TO SHINE HIS SURGEON’S LIGHT ON OUR HEARTS. SABBATH REST IS A TIME WE CAN HEAR OUR INNER CRIES AND DISCERN THE THOUGHTS AND INTENTS OF OUR HEARTS.”

— KEITH YODER



STRIVE LESS, RECEIVE MORE

- SABBATH IS AN INVITATION FOR US TO REST IN JESUS
- SABBATH REST INVITES YOU TO REFOCUS YOUR HEART, QUIET YOUR MIND AND DEVOTE YOUR TIME TO THE EMBRACE OF GOD.
- SABBATH REST ALLOWS US TO LIE STILL ENOUGH SO THAT HE CAN ACTUALLY DO CHANGING WORK IN OUR LIFE.



CHANGED PRACTICES

A FEW THOUGHTS...



CHANGED PRACTICES

A FEW THOUGHTS...

- THERE IS NO ONE SIZE FITS ALL WHEN IT COMES TO SABBATH



CHANGED PRACTICES

A FEW THOUGHTS...

- THERE IS NO ONE SIZE FITS ALL WHEN IT COMES TO SABBATH
- START SMALL



CHANGED PRACTICES

A FEW SUGGESTIONS...

- PUT WORK AWAY
- DISCONNECT
- ENGAGE IN WHAT RECHARGES YOU
- ENJOY GOD
- ADJUST TO THE SEASONS

restful
Begin with Prayer
January 12-19, 2020



SCHEDULE

Monday, January 13	6:00am	Corporate Prayer
Monday, January 13	7:00am	Corporate Prayer
Wednesday, January 15	7:00pm	Corporate Prayer
Sunday, January 19	6:00pm	Prayer & Worship Night