

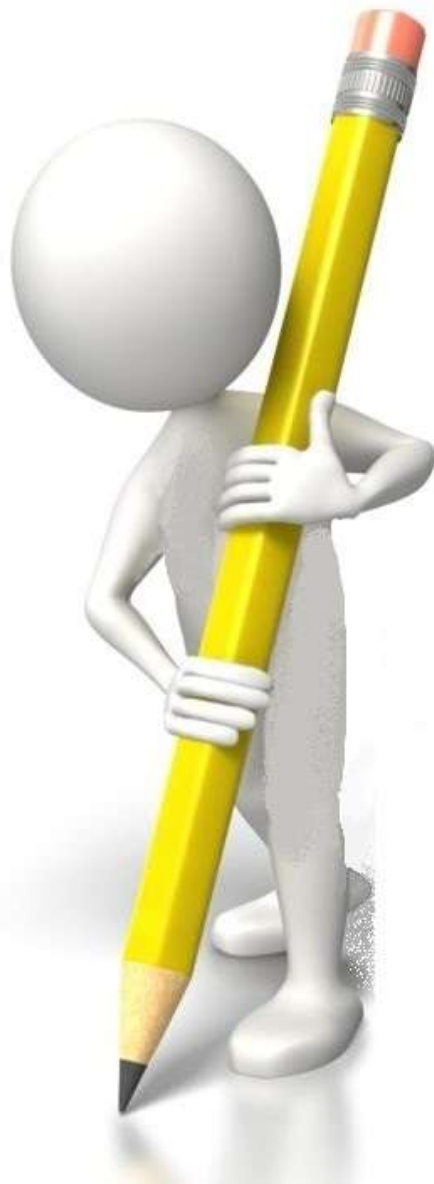


"Sabbathing"

(stop striving)

November 1, 2025

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“Remember the Sabbath to keep it holy.” Exodus 20:8

Remember = recognize (be mindful)

Sabbath = intermission (rest)

Holy = set apart (special)

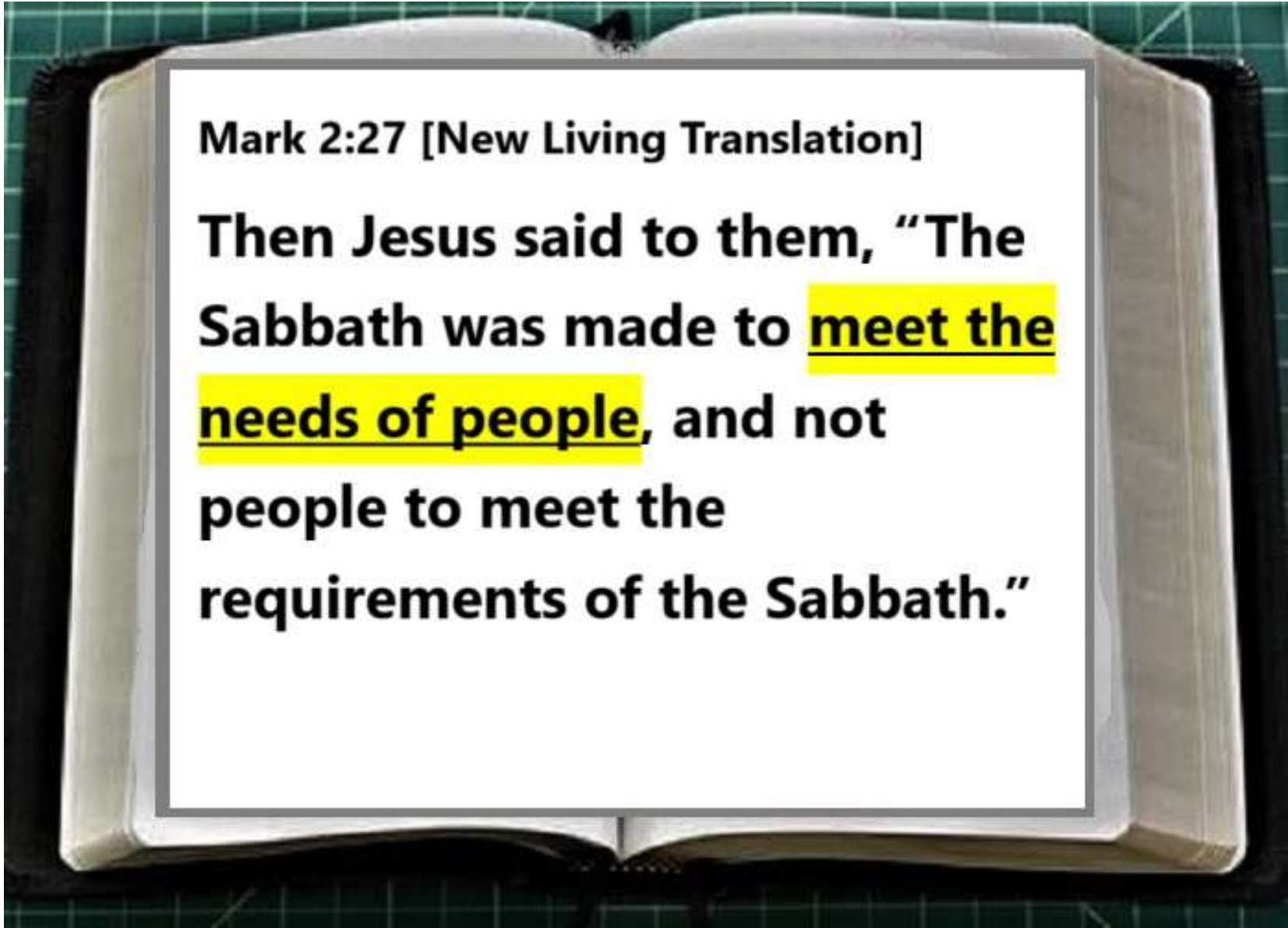


Sorry, WE'RE
CLOSED
SUNDAYS

"You have heard it said..."

But I say: becoming exasperated or labelling others unkindly has the same judgement as murder.

Trivializing others as objects for lust has the same judgement as committing adultery. Do not retaliate against evil. Love your enemies and pray for them.

An open book with a black cover is shown against a green grid background. A white rectangular box with a thin grey border is centered over the book's pages. Inside this box, text is displayed in a bold, black, sans-serif font. The text is a Bible verse from Mark 2:27 in the New Living Translation. The words "meet the needs of people" are highlighted in yellow, and the words "meet the" are underlined.

Mark 2:27 [New Living Translation]

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Hebrews 3:12 [JBP]

You should therefore be most careful, my family, that there should not be IN any of you that wickedness of heart which refuses to trust.

Hebrews 3:19 (JBP)

Yes, it is all too plain that it was refusal to trust God that prevented them [children of Israel] from entering his rest.

'Stop sinning or burn!'





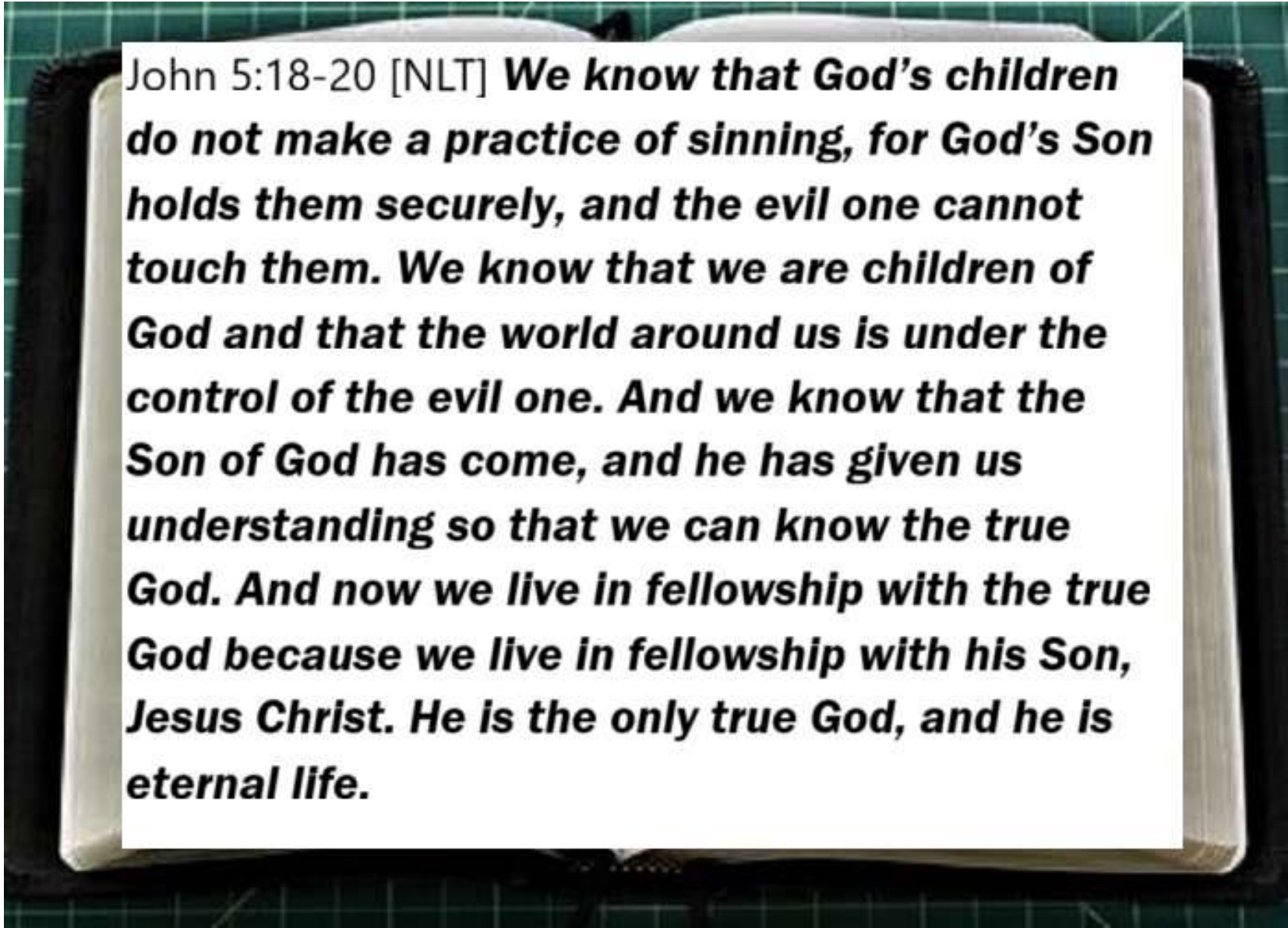
**Be your own
hero! Conquer
enemies! Find
hidden
treasure!
Dangle from
ledges! Lock
the butler in
the freezer!
Win trophies
and trinkets!**

Colossians 2:16- 17 (NLT)

[D]on't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or ceremonies or Sabbaths. For these rules were only shadows of the reality yet to come. And Christ himself is that reality.

Colossians 1:13-14 [NLT]

*For [the Father] has rescued us
from the kingdom of darkness
and transferred us into the
Kingdom of his dear Son, who
purchased our freedom and
forgave our sins.*



John 5:18-20 [NLT] ***We know that God's children do not make a practice of sinning, for God's Son holds them securely, and the evil one cannot touch them. We know that we are children of God and that the world around us is under the control of the evil one. And we know that the Son of God has come, and he has given us understanding so that we can know the true God. And now we live in fellowship with the true God because we live in fellowship with his Son, Jesus Christ. He is the only true God, and he is eternal life.***



Heavenly Creator,
May we stop our incessant
striving to get ahead
and enter fully into your
Sabbath,
body, mind and spirit;
held securely in your Son,
in Your kingdom,
in fellowship with You,
here & now, and forever.
Amen