



**FIGHTING
FOR REST**



**REMEMBER THE SABBATH DAY,
TO KEEP IT HOLY.**

10 COMMANDMENTS OF GOD

I. YOU SHALL HAVE NO
OTHER GODS BEFORE ME.

II. YOU SHALL MAKE
NO IDOLS.

III. YOU SHALL NOT TAKE
THE NAME OF THE LORD
YOUR GOD IN VAIN.

IV. KEEP THE SABBATH
DAY HOLY.

V. HONOR YOUR FATHER
AND YOUR MOTHER.

VI. YOU SHALL NOT
MURDER.

VII. YOU SHALL NOT
COMMIT ADULTERY.

VIII. YOU SHALL
NOT STEAL.

IX. YOU SHALL NOT BEAR
FALSE WITNESS
AGAINST YOUR NEIGHBOR.

X. YOU SHALL NOT COVET.

When we take a life, we interrupt what God Himself designed.

“Before I formed you in the womb I knew you, before you were born I set you apart.” – Jeremiah 1:5



**When we ignore
the Sabbath
We kill the life
God is trying to
bring forth in us.**





Jehovah-Rapha – “The Lord Who Heals You”
Jehovah-Shalom – “The Lord Is Peace”
Jehovah-Raah – “The Lord Is My FRIEND”
Jehovah-El Shaddai – “The Lord Almighty”
Jehovah-Elohim – “The Lord God”



**CHANGE THE
ATMOSPHERE**




PREPARE FOR
REST



**MAKE CHURCH
&
WORSHIP A
PRIORITY**



CONNECT
&
BE PRESENT



UNPLUG FROM
THE WORLD
PLUG INTO GOD!



FILL YOUR
CUP



**PRACTICE
GRATITUDE
&
STEPS WORK**

**BE STILL AND KNOW
THAT
I AM GOD**

