

## Sermon Notes November 9, 2025



### Stopping to Sabbath

*Emotionally Healthy Spirituality (Ch. 6)*

 **Daniel 6:6-10**

 **Exodus 20:8-11**

**Daily Sabbath:** Stopping, Centering, Silence, Scripture

**Weekly Sabbath:** Stopping, Resting, Delight, Contemplate

**Day of Preparation:** Exodus 16:23

**HOPE SHOT:** Isaiah 59:13-14