

PASTOR LOGAN WILLIAMS

THE GIFT OF REST



SERENITY CHURCH

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EXODUS 20:8

REMEMBER THE SABBATH DAY,



TO KEEP IT HOLY

LAMENTATIONS 3:22-23



EXODUS 20:9

**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 20:10

EXODUS 20:11

**FOR IN SIX DAYS THE
LORD MADE THE
HEAVENS AND THE
EARTH, THE SEA AND
ALL THAT IS IN THEM,
AND RESTED ON THE
7TH DAY**

23 He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”

EXODUS 16:23



EXODUS 16:24

**SO THEY LAID IT UP TILL MORNING, AS
MOSES COMMANDED; AND IT DID NOT
STINK, NOR WERE THERE ANY WORMS
IN IT.**

**EXODUS 16:25- THEN MOSES
SAID, EAT THAT TODAY, FOR
TODAY IS A SABBATH TO THE
LORD. TODAY YOU WILL NOT
FIND IT IN THE FIELD'**



Exodus 16:26

26 Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.



EXODUS 16:28

**AND THE LORD SAID TO MOSES,
“HOW LONG DO YOU REFUSE TO
KEEP MY COMMANDMENTS AND MY
LAWS”**

“ EXODUS 16:29

SEE, FOR THE LORD HAS GIVEN YOU THE SABBATH; THEREFORE HE GIVES YOU ON THE 6 DAY, BREAD FOR 2 DAYS. LET EVERY MAN REMAIN IN HIS PLACE, LET NO MAN GO OUT FROM HIS PLACE ON THE 7TH DAY

EXODUS 16:30

SO THE PEOPLE RESTED ON THE 7TH DAY.



EXODUS 31:14

**YOU SHALL KEEP THE
SABBATH, THEREFORE,
FOR IT IS HOLY TO YOU.
EVERYONE WHO PROFANES
IT SHALL SURELY BE PUT
TO DEATH, FOR ANYONE
WHO DOES ANY WORK ON
IT, THAT PERSON SHALL BE
CUT OFF FROM HIS
PEOPLE.**

Exodus 31:15



**¹⁵ For six days work is to be done,
but the seventh day is a day of
sabbath rest, holy to the LORD.
Whoever does any work on the
Sabbath day is to be put to death.**



**EXODUS 31:16- THEREFORE
THE CHILDREN OF ISRAEL
SHALL KEEP THE SABBATH,
TO OBSERVE THE SABBATH,
THROUGHOUT THE
GENERATIONS AS A
PERPETUAL COVENANT.**

Exodus 31:17

New International Version

17 It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.’’



**NUMBERS 15:32 – NOW WHEN THE
CHILDREN OF ISRAEL WERE IN THE
WILDERNESS, THEY FOUND A MAN
GATHERING STICKS ON THE SABBATH DAY**

NUMBERS 15:33

**AND THOSE WHO FOUND HIM GATHERING STICKS
BROUGHT HIM TO MOSES AND AARON, AND TO ALL THE
CONGREGATION.**

NUMBERS 15:34

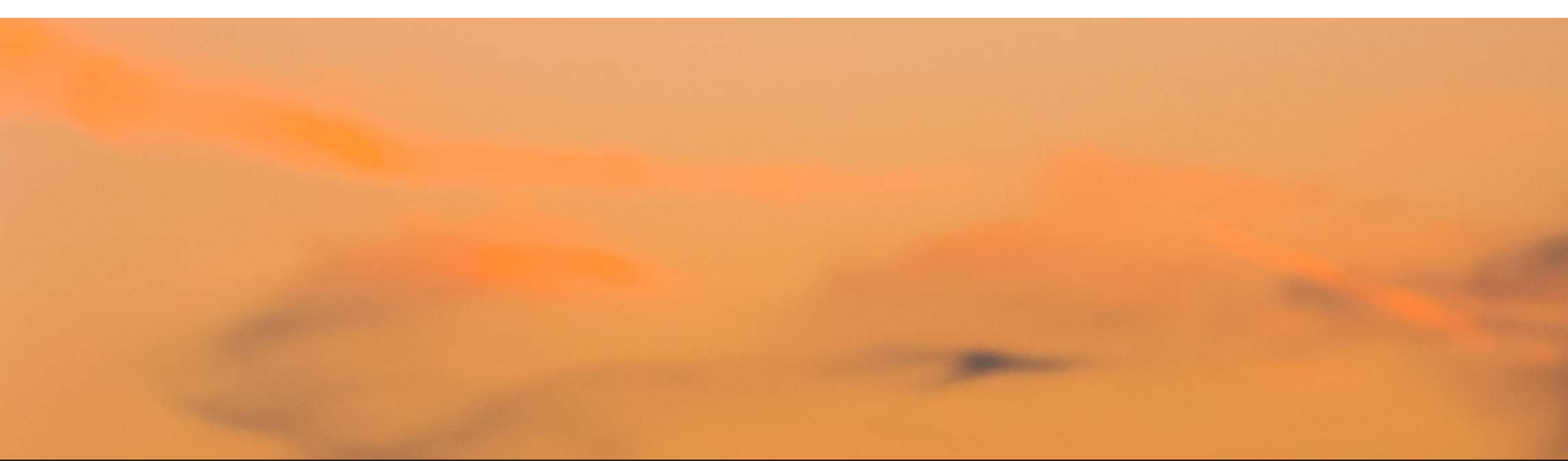
**THEY PUT HIM UNDER GUARD, BECAUSE IT HAD NOT
BEEN EXPLAINED WHAT SHOULD BE DONE TO HIM.**



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NUMBERS 15:35- THEN THE LORD SAID TO MOSES, “THIS MAN MUST SURELY BE PUT TO DEATH; AND ALL THE CONGREGATION SHALL STONE HIM WITH STONES OUTSIDE THE CAMP.

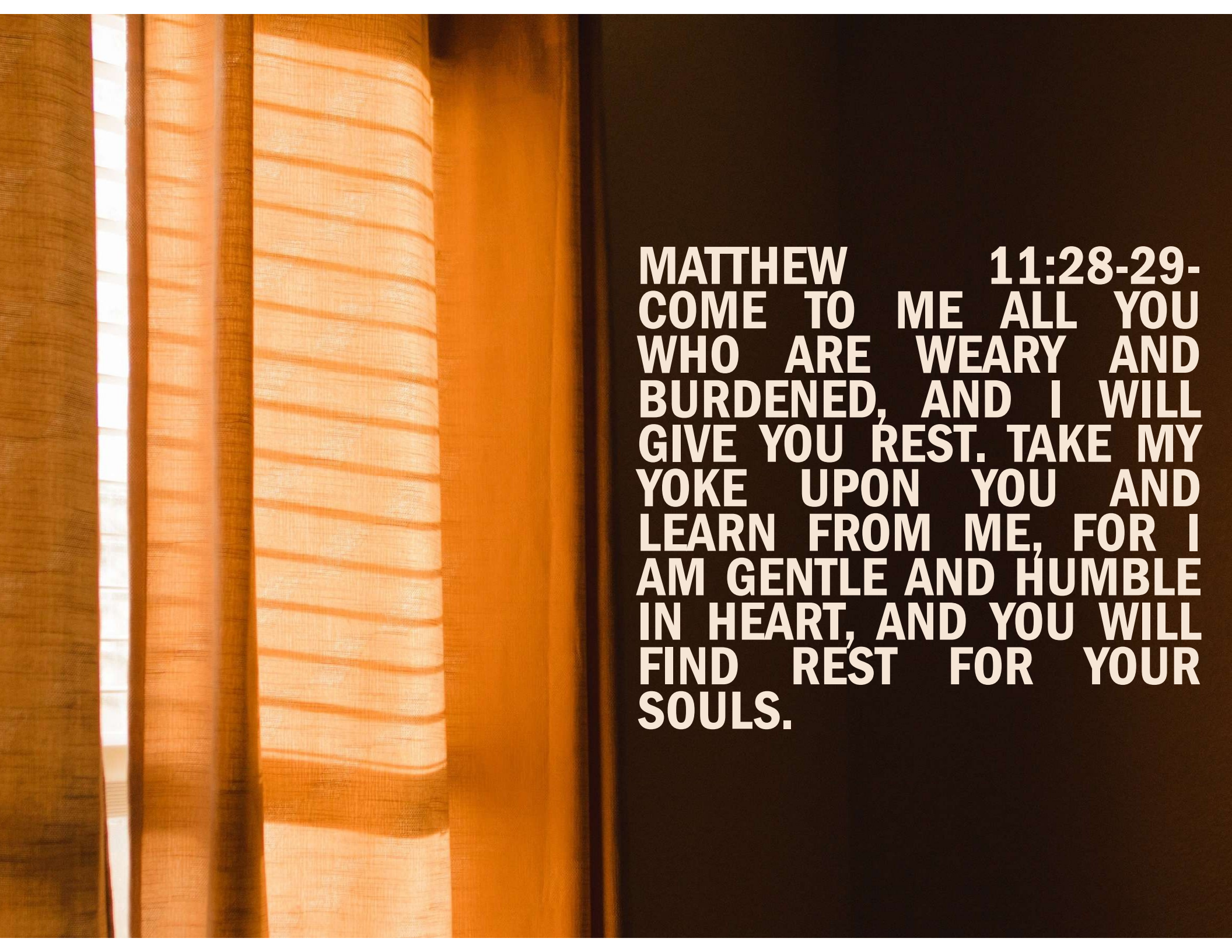
NUMBERS 15:36- SO AS THE LORD COMMANDED MOSES, ALL THE CONGREGATION BROUGHT HIM OUTSIDE THE CAMP AND STONED HIM WITH STONES, AND HE DIED.



2 CHRONICLES 36:20
AND THOSE WHO ESCAPED FROM THE
SWORD HE CARRIED AWAY TO BABYLON,
WHERE THEY BECAME SERVANTS TO HIM
AND HIS SONS UNTIL THE RULE OF THE
KINGDOM OF PERSIA

2ND Chronicles 36:21

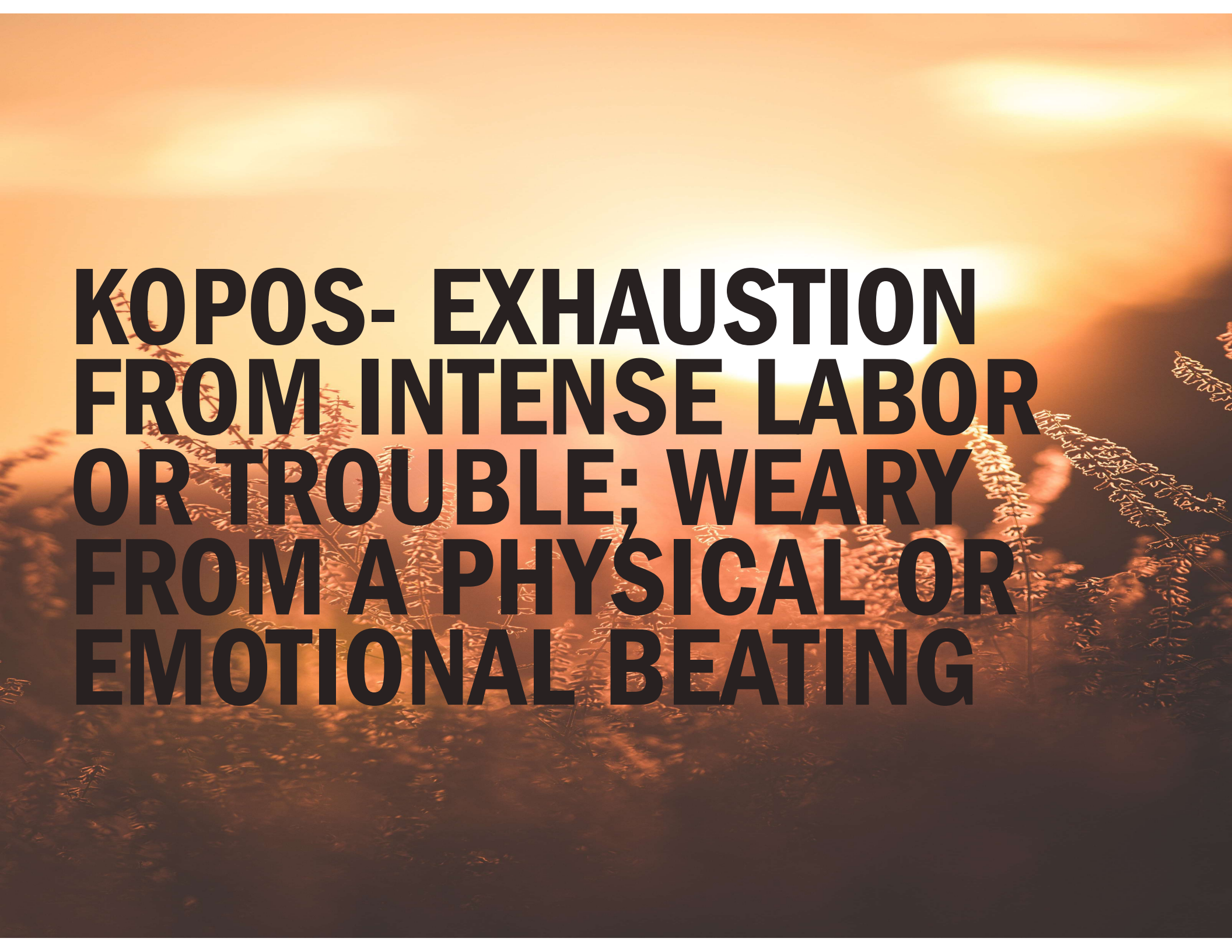
The land enjoyed its sabbath rests; all the time of its desolation it rested, until the seventy years were completed in fulfillment of the word of the Lord spoken by Jeremiah.



**MATTHEW 11:28-29-
COME TO ME ALL YOU
WHO ARE WEARY AND
BURDENED, AND I WILL
GIVE YOU REST. TAKE MY
YOKE UPON YOU AND
LEARN FROM ME, FOR I
AM GENTLE AND HUMBLE
IN HEART, AND YOU WILL
FIND REST FOR YOUR
SOULS.**

ALL





**KOPOS- EXHAUSTION
FROM INTENSE LABOR
OR TROUBLE; WEARY
FROM A PHYSICAL OR
EMOTIONAL BEATING**



ANAPAUSIN

**INNER REST OR PEACE
WHILE DOING WHAT NEEDS
TO BE DONE; PEACEFUL
PRODUCTIVITY**

AA BIG BOOK P.86- AS WE GO THROUGH THE DAY WE PAUSE, WHEN AGITATED OR DOUBTFUL, AND ASK FOR THE RIGHT THOUGHT OR ACTION. WE CONSTANTLY REMIND OURSELVES WE ARE NO LONGER RUNNING THE SHOW, HUMBLY SAYING TO OURSELVES MANY TIMES EACH DAY “THY WILL BE DONE.” WE ARE THEN IN MUCH LESS DANGER OF EXCITEMENT, FEAR, ANGER, WORRY, SELF-PITY, OR FOOLISH DECISIONS.

**WE BECOME MUCH MORE EFFICIENT. WE DO NOT
TIRE SO EASILY, FOR WE ARE NOT BURNING UP
ENERGY FOOLISHLY AS WE DID WHEN WE WERE
TRYING TO ARRANGE LIFE TO SUIT OURSELVES. IT
WORKS—IT REALLY DOES. WE ALCOHOLICS ARE
UNDISCIPLINED. SO WE LET GOD DISCIPLINE US IN
THE SIMPLE WAY WE HAVE JUST OUTLINED.**