

## Practicing Sabbath: Week One: January 11, 2026

### What is the Sabbath?

*1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 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. (Genesis 2:1-3)*

1. God “rested” from His work, meaning, the Sabbath as “finished” or “complete”.
2. We are to “observe”, to “practice” and to “remember” the Sabbath. (Exodus 20:9-11)
3. Jesus compares Himself to the Sabbath.

*“The Son of Man is Lord even of the sabbath.” (Mark 2:28; Matt 12:8; Luke 6:5)*

### How can we practice the Sabbath (in our modern-day times)?

1. Practicing Sabbath is to find rest + renewal.
  - a. Rest is an intentional period of time.
  - b. Sabbath rest brings renewal.
2. Practicing Sabbath includes our time, talents, and treasures.
  - a. 10-10-80 principle.
  - b. 10% of our time, talent, and treasures are commanded BY God to be given TO God.
  - c. 80% of your time, talent, and treasures are given to your everyday needs as a blessing FROM God.
3. Practicing Sabbath is given through Jesus, not rituals.

*14 One Sabbath, when Jesus went to eat in the house of a prominent Pharisee, he was being carefully watched. 2 There in front of him was a man suffering from abnormal swelling of his body. 3 Jesus asked the Pharisees and experts in the law, “Is it lawful to heal on the Sabbath or not?” 4 But they remained silent. So taking hold of the man, he*

*healed him and sent him on his way. 5 Then he asked them, “If one of you has a child or an ox that falls into a well on the Sabbath day, will you not immediately pull it out?”*

*6 And they had nothing to say. (Luke 14:1-6)*

*12 “it is lawful to do good on the sabbath” (Matt 12:12).*

a. Jesus brings healing on the Sabbath.

4. Practicing the Sabbath points to a restoration that will never end!

a. Sabbath rest reminds us that God will take care of the rest.

### Reflection Questions:

1. What is one way you can practice Sabbath rest this week? Share that practice with someone close to you.
2. How can you enter Sabbath rest with your time, talents, and treasures?
3. How can you apply the 10-10-80 principle to your life?
4. How can Jesus heal and be your Sabbath in your life, relationships, work, and treasures?

## Welcome to HOME Church

**Thank you for attending HOME Church.** If you are looking for a church to call HOME, feel free to connect with us. Details are on our website at [www.ourhomechurch.ca](http://www.ourhomechurch.ca), OR the welcome card in the seat in front of you.

### Upcoming News + Notes:

- **College Small Group:** Meeting in the blue house AFTER the second service. Lunch is provided. For more details, contact Pastor Vincent.
- **Cantonese Bible Study with Pastor Pat.** Starts January 18<sup>th</sup> from 11am-noon in the Blue House Conference Lounge (Basement). Please sign up at the info table in the foyer. Thank you.
- **Bible Tour: Footsteps of the Ancient Followers of Jesus in Italy.** October 6-16, 2026, with Pastor Andy + Annick. **Information Meeting on January 11<sup>th</sup> + 18<sup>th</sup> between services in the church basement.** Details on the website.
- **Chinese New Year Potluck Gathering** with Pastor Paul on February 14<sup>th</sup>. Sign-up starts TODAY.

**Giving Options at HOME Church.** Our preferred way of giving is through e-transfer debit. You can set this up with your banking platform by giving at [give@ourhomechurch.ca](mailto:give@ourhomechurch.ca). Please make cheques out to “HOME Church”. All giving details are on our website. **Thank you** for your continued generosity and support to the mission + vision of HOME Church.

Please stay connected to the latest news + notes on our website.

Thank you for your support during the church renovations.