



EXODUS

life in the
wilderness

9:41



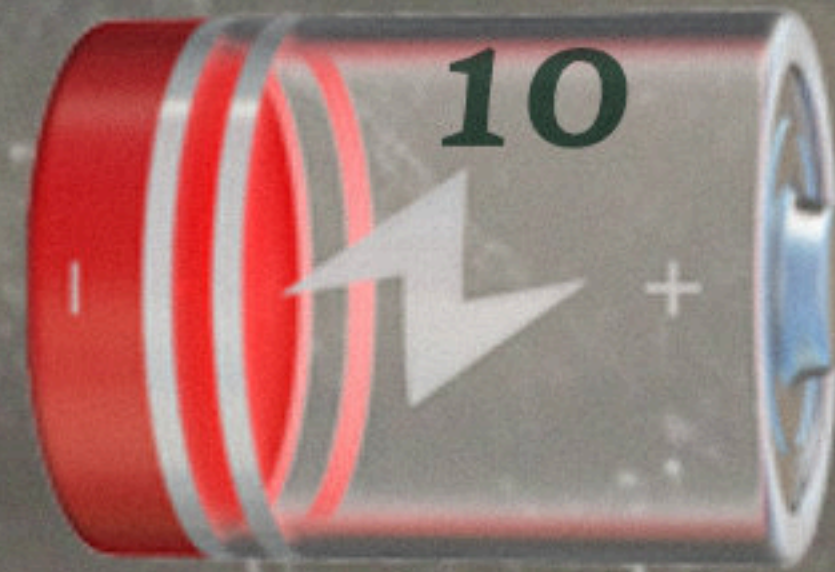
Garcia Family



here for
2 hr 35 mins



If you had a battery percentage hanging over your head right now, what number would show up?



An aerial photograph of a vast, arid desert landscape. The terrain is characterized by rolling hills and valleys, with a mix of light brown and tan colors. The sky is a clear, deep blue. The overall scene is bright and open, suggesting a remote, natural setting.

**What did the Sabbath mean
for the Israelites?**

**As followers of Jesus,
are we meant to keep the
Sabbath in the same way?**

⁸ “Remember the Sabbath day by keeping it holy. 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 20:8-10

¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

EXODUS 20:11

**THE
SABBATH**
was a weekly rhythm





**THE
SABBATH**
was a gift



**THE
SABBATH**
meant trusting God's provision

THE SABBATH

was a sign of their identity

¹² Then the LORD said to Moses, ¹³ “Say to the Israelites, ‘You must observe my Sabbaths. This will be a **sign** between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’”

EXODUS 20:12-13

A desert landscape with mountains in the background and sparse vegetation in the foreground. The sky is a hazy, light brown color. The foreground is a sandy, arid plain with several small, scrubby bushes scattered across it. In the distance, a range of dark, jagged mountains stretches across the horizon. The overall tone is muted and historical, with a grainy texture and some white specks and scratches, suggesting an old film or photograph.

DOES THE SABBATH STILL APPLY TO US?

Yes... but not in exactly the same way

**Rest in Jesus because
He is the true fulfillment
of the Sabbath.**

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ.

COLOSSIANS 2:16-17

**Rest in Jesus because
He is the true fulfillment
of the Sabbath.**

⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest

HEBREWS 4:9-11


Have you found your rest in Jesus?

“Come to me, all you who are weary and burdened,
and I will give you rest.²⁹ 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.³⁰ For my yoke is
easy and my burden is light.”

MATTHEW 11:28-30

An aerial photograph of a rugged, mountainous landscape. The terrain is characterized by deep, winding valleys and steep, rocky slopes. A prominent river valley is visible in the lower left quadrant, with a winding riverbed. The overall color palette is dominated by earthy browns, tans, and greys, suggesting a semi-arid or high-altitude environment. The image has a slightly grainy texture and some minor white specks, possibly due to the original source or scanning process.

**Rest in gathering with
God's people**



**When we gather,
how can you find rest -
and help others find it, too?**

**CONVERSATIONS
PRAYER
ENCOURAGEMENT**

An aerial photograph of a vast, golden-brown landscape, likely a desert or a dry river valley. The terrain is characterized by winding paths, small pools of water, and distant mountains under a clear blue sky. The overall scene is serene and expansive.

**Rest in the weekly rhythm
God has blessed us with**

WHAT DOES A DAY OF REST LOOK LIKE?

- office worker- get outside and work with your hands
- trade worker- let the body recover
- put the phone down
- spend time with family or friends

THE SABBATH TODAY

- rest in Jesus
- reconnect with God and others at our weekly gathering
- build a healthy rhythm into your life