SABBATH

What do you learn about the 7th day rest in these passages?

Genesis 1:1-2:3
Exodus 16:1-30
Exodus 31:12-18
Mark 2:23-28

What is your experience of sabbath?

Why do you think God gave us sabbath?

There are 4 main components of sabbath: stop, rest, delight, and worship. Consider each box to start practicing sabbath:

Stop Work Consider taking a day off paid work, chores, homework, social media, etc. What will you stop doing?	**Rest** Consider a nap, reading, doing a puzzle, lingering over tea, etc How will you rest?
Delight Consider something fun like a fancy meal, a game, time with friends, etc. How will you delight?	**Worship** Consider church, extended time with Jesus, time in nature, etc. How will you worship?