


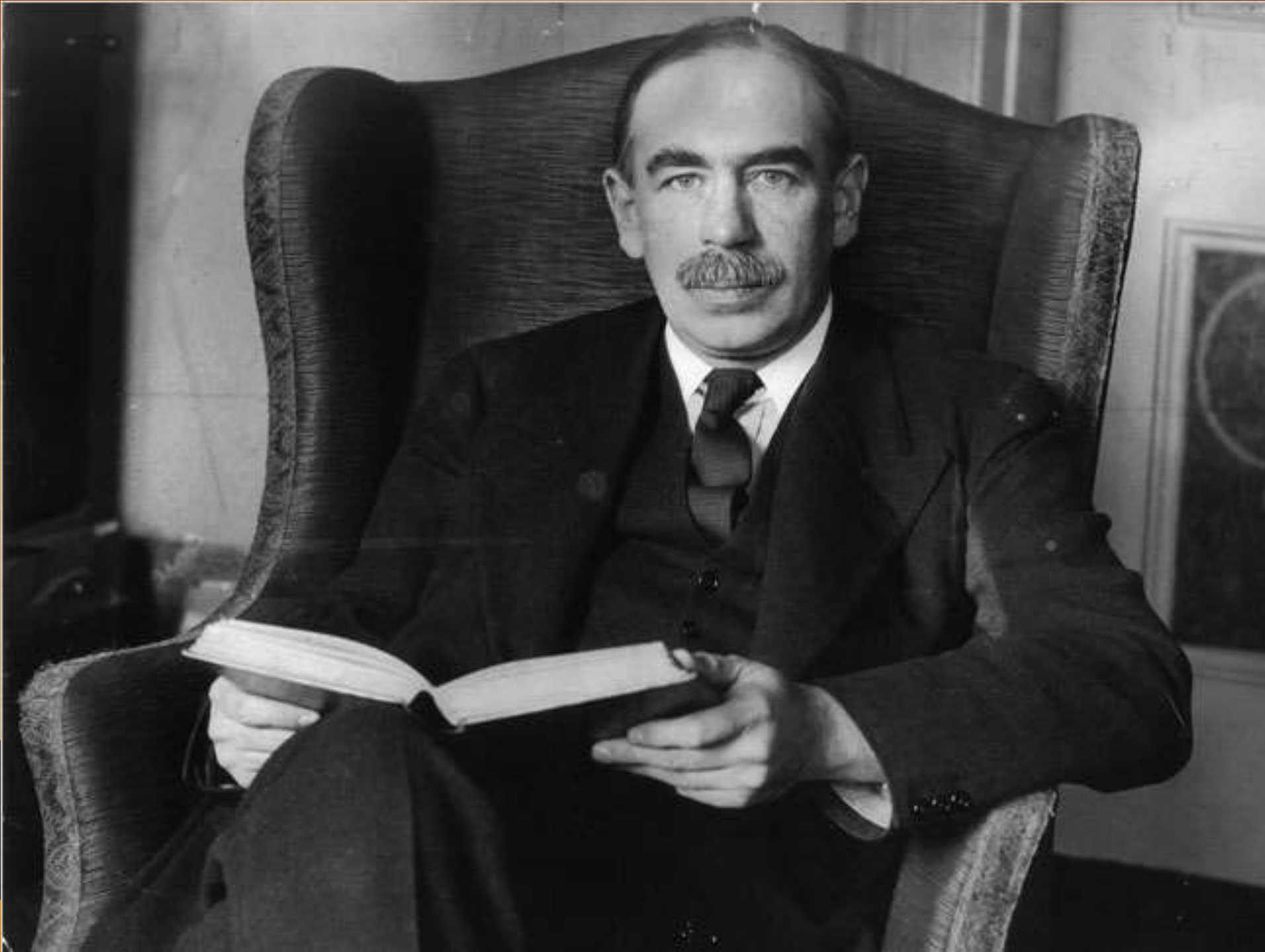
Faith Never Takes A Day Off...

...but
Christians
Should.

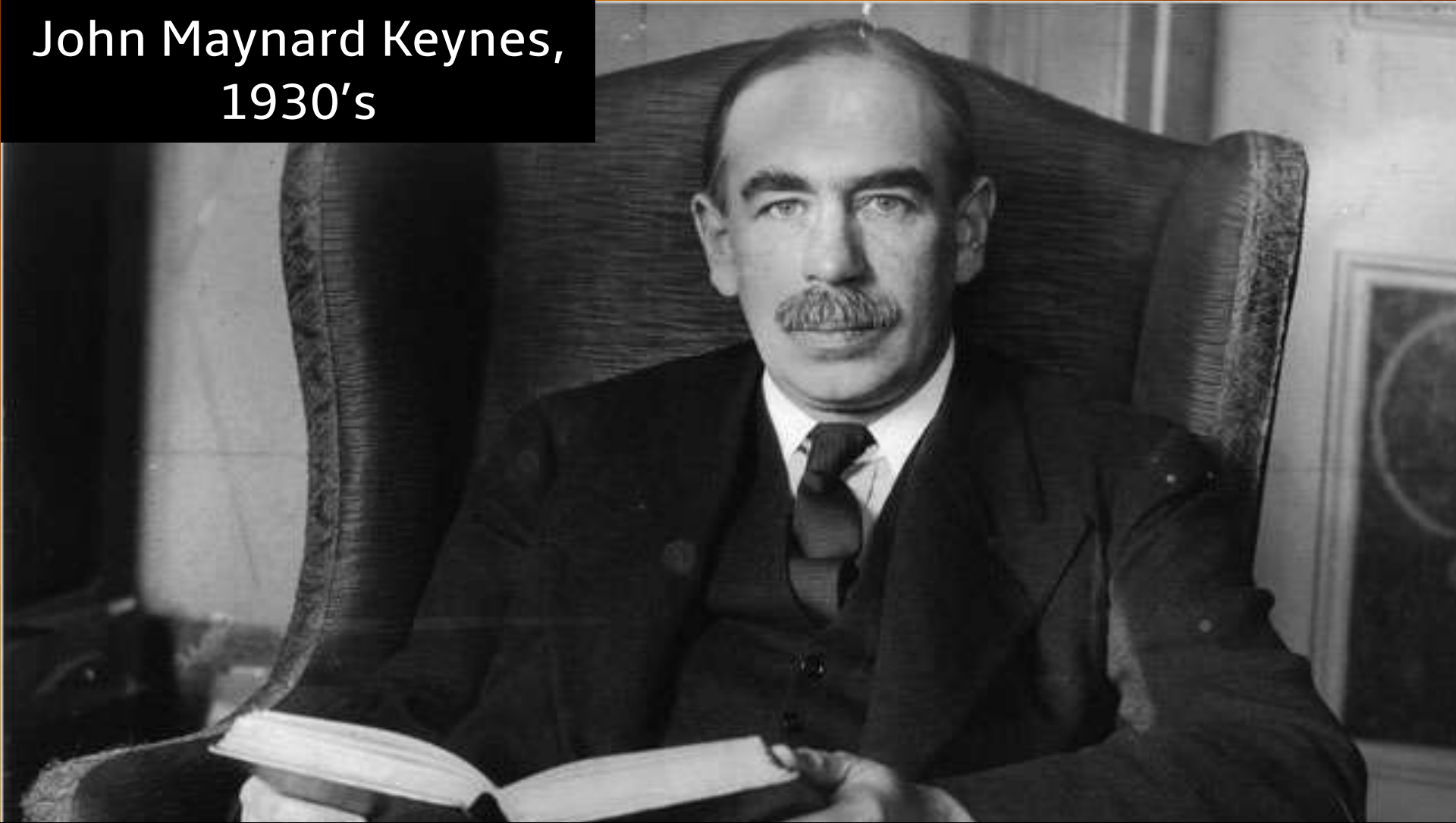


A photograph of a bedroom. In the foreground, a bed with a patterned, light-colored coverlet is visible. Sunlight streams through a window with sheer, light-colored curtains, creating bright, vertical rays of light across the bed. The background wall is a solid, deep red color. The overall atmosphere is warm and serene.

*The average
American gets 2
 $\frac{1}{2}$ hours less
sleep than 100
years ago.*



John Maynard Keynes,
1930's



"When we reach the point when the world produces all the goods that it needs in two days, as it inevitably will ... we must turn our attention to the great problem of what to do with our leisure."

“If the world itself is inverted, then the only way to see it clearly is upside down. If the values of the world are the wrong way round, then the only way to wisdom is to stand those values on their head.”

- A. N. Wilson



Rest is Blessed.



Exodus 16:23 – then he said to them, "This is what the LORD meant: Tomorrow is a sabbath observance, a holy sabbath to the LORD. Bake what you will bake and boil what you will boil, and all that is left over put aside to be kept until morning." **24** So they put it aside until morning, as Moses had ordered, and it did not become foul nor was there any worm in it. **25** Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field. **26** Six days you shall gather it, but on the seventh day, the sabbath, there will be none."



Rest
is
Blessed.

Rest is Blessed.



Ezekiel 20:10 – "So I took them out of the land of Egypt and brought them into the wilderness.
11 "I gave them My statutes and informed them of My ordinances, by which, if a man observes them, he will live. **12** "Also I gave them My sabbaths to be a sign between Me and them, that they might know that I am the LORD who sanctifies them.



Rest
is
Blessed.

Rest is Blessed.



***Rest is Blessed.
Reflection is Vital.***



Deuteronomy 5:15 – You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out of there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to observe the sabbath day.



***Rest is Blessed.
Reflection is Vital.***



Psalm 3:1-5 – O LORD, how my adversaries have increased! Many are rising up against me. Many are saying of my soul, “There is no deliverance for him in God.” Selah. But You, O LORD, are a shield about me, my glory, and the One who lifts my head. I was crying to the LORD with my voice, and He answered me from His holy mountain. Selah. I lay down and slept; I awoke, for the LORD sustains me.



Reflection
Is
Vital.

**There remains a
sabbath rest...**

**...for the
children
of God.**

