

October 3, 2021

Pastor Eric Holmstrom

## SHARPEN THE SAW: SABBATH IN THE WILDERNESS

*"God has too much He wants to do in and through you for you to not rest."*

*Dr. Pastor Derwin L. Gray*

### WHAT IS THE SABBATH?

**GENESIS 2:2-3**

**EXODUS 20:8-11**

*"The Sabbath rhythm marked the forty years the nation of Israel wandered in the desert."*

*Lynne Baab*

### HOW SHOULD CHRISTIANS THINK ABOUT THE SABBATH?

**MARK 2:27-28**

*"During the six times Jesus clashed with the Jewish religious leaders over the sabbath, he did not dispute the significance of the sabbath day. Instead, he focused on what is appropriate sabbath behavior..."*

*Lynne Baab*

**COLOSSIANS 2:16**

**HEBREWS 4:9-10**

*"After the resurrection, Jewish Christians continued to observe the sabbath. In addition, they met on Sundays to celebrate the resurrection."*

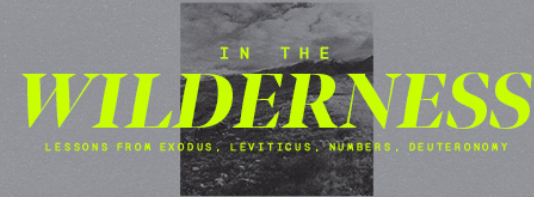
*Lynne Baab*

### THOMAS AQUINAS (1225-1274)

1. MORAL LAWS
2. CIVIC LAWS
3. CEREMONIAL LAWS

*"The Jews kept holy the Sabbath in memory of the first creation, but Christ at His coming brought about a new creation. For by the first creation an earthly man was created, and by the second a heavenly man was formed... And thus, because the Resurrection took place on Sunday, we celebrate that day, even as the Jews observed the Sabbath on account of the first creation."*

*Thomas Aquinas*



October 3, 2021

Pastor Eric Holmstrom

## SHARPEN THE SAW: SABBATH IN THE WILDERNESS

*"God has too much He wants to do in and through you for you to not rest."*

*Dr. Pastor Derwin L. Gray*

### WHAT IS THE SABBATH?

**GENESIS 2:2-3**

**EXODUS 20:8-11**

*"The Sabbath rhythm marked the forty years the nation of Israel wandered in the desert."*

*Lynne Baab*

### HOW SHOULD CHRISTIANS THINK ABOUT THE SABBATH?

**MARK 2:27-28**

*"During the six times Jesus clashed with the Jewish religious leaders over the sabbath, he did not dispute the significance of the sabbath day. Instead, he focused on what is appropriate sabbath behavior..."*

*Lynne Baab*

**COLOSSIANS 2:16**

**HEBREWS 4:9-10**

*"After the resurrection, Jewish Christians continued to observe the sabbath. In addition, they met on Sundays to celebrate the resurrection."*

*Lynne Baab*

### THOMAS AQUINAS (1225-1274)

1. MORAL LAWS
2. CIVIC LAWS
3. CEREMONIAL LAWS

*"The Jews kept holy the Sabbath in memory of the first creation, but Christ at His coming brought about a new creation. For by the first creation an earthly man was created, and by the second a heavenly man was formed... And thus, because the Resurrection took place on Sunday, we celebrate that day, even as the Jews observed the Sabbath on account of the first creation."*

*Thomas Aquinas*

## #1 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ GOD

EXODUS 16:21-30

*"People who keep sabbath live all seven days differently."*

Walter Brueggemann

ISAIAH 30:15; PSALM 62:5

TEMPTATION IS AN ESCAPE FROM WHAT GOD HAS PLANNED FOR YOU!

*"You have made us for yourself, and our heart is restless until it rests in you."*

Saint Augustine (4th century, North African theologian)

## #2 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ OTHERS

EXODUS 23:9-11; AMOS 8:4-6

*"Part of the purpose of the Sabbath for Israel was to practice justice as a redeemed people."*

Lynne Baab

JOHN 5:16-18

*"Justice is birthed from the very heart of God. He revealed divine intent in the act of creation when he created man in his own image, in his own likeness. He put all people on an even plane, regardless of color—worthy of dignity and respect."*

John Perkins

## #3 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ OUT

EXODUS 31:12-13; PSALM 46:10

### PRACTICAL WAYS TO PRACTICE SABBATH

CALENDAR OUT 24 HOURS (OR WHATEVER YOU CAN DO) EVERY WEEK FOR YOUR SABBATH

- TURN OFF YOUR PHONE
- AVOID DOING ANY CHORES OR ERRANDS
- DON'T DO WORK
- DON'T CHECK SOCIAL MEDIA OR EMAIL
- READ YOUR BIBLE FOR AN EXTENDED TIME
- PRIORITIZE FAMILY TIME
- GO OUTSIDE AND ENJOY GOD'S CREATION

Fill in the blanks: trust, love, stand

## #1 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ GOD

EXODUS 16:21-30

*"People who keep sabbath live all seven days differently."*

Walter Brueggemann

ISAIAH 30:15; PSALM 62:5

TEMPTATION IS AN ESCAPE FROM WHAT GOD HAS PLANNED FOR YOU!

*"You have made us for yourself, and our heart is restless until it rests in you."*

Saint Augustine (4th century, North African theologian)

## #2 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ OTHERS

EXODUS 23:9-11; AMOS 8:4-6

*"Part of the purpose of the Sabbath for Israel was to practice justice as a redeemed people."*

Lynne Baab

JOHN 5:16-18

*"Justice is birthed from the very heart of God. He revealed divine intent in the act of creation when he created man in his own image, in his own likeness. He put all people on an even plane, regardless of color—worthy of dignity and respect."*

John Perkins

## #3 - PRACTICING THE SABBATH WILL SHARPEN YOUR ABILITY TO \_\_\_\_\_ OUT

EXODUS 31:12-13; PSALM 46:10

### PRACTICAL WAYS TO PRACTICE SABBATH

CALENDAR OUT 24 HOURS (OR WHATEVER YOU CAN DO) EVERY WEEK FOR YOUR SABBATH

- TURN OFF YOUR PHONE
- AVOID DOING ANY CHORES OR ERRANDS
- DON'T DO WORK
- DON'T CHECK SOCIAL MEDIA OR EMAIL
- READ YOUR BIBLE FOR AN EXTENDED TIME
- PRIORITIZE FAMILY TIME
- GO OUTSIDE AND ENJOY GOD'S CREATION

Fill in the blanks: trust, love, stand