

## **Sabbath Rest**

### **A trip to the Doctor**

### **Rest in the Bible**

Genesis 2:1-3

Rest and Sabbath

### **Rest is not an end in itself**

Goal = **relational**

Exodus 33:13-17

### **Cultivating thirst**

Psalm 42:1-2

## Searching the depths

1 Corinthians 2:10

Romans 11:33

Daring to dig

Job 42:2-6

Busting through the superficial

## Cultivating a soft heart

Hard-heartedness can be subtle & slippery

Israel's struggle

Ezekiel 36:26-27

Early warning signs

Your heart is flat

You fake emotions and worship

The meaningful becomes mechanical

You become cynical

“Hardness of heart is a condition that people on the wrong side of God develop.” (Carey Nieuwhof)

**An invitation to a journey toward rest.**

Sabbath and sabbatical are gifts.

**Take it Home**