Step 4 – SABBATH REST

Impact: Small Steps to Big Results Various Scriptures

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January 31, 2021

² Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. **3 John 1**

rather, <u>train yourself</u> to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. **1 Timothy 4**

² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. **Genesis 2**

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, **Exodus 20**

²⁸ "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**

¹¹ Let us, therefore, make every effort to enter that rest, **Hebrews 4**