



April

DISPELLING MYTHS

“Sabbath is not something we earn but a free gift we choose.”

1
Sabbath is a weekly restoration; a reminder of who you are, not what you do.

2
Sabbath is *being* the church instead of *doing* church.



4
Does the fear of legalism keep you from making Sabbath a weekly rhythm?

5
SABBATH WAS CREATED FOR YOU.
Mark 2:27

6
Life-giving rhythms leave a lasting imprint.

7
What is your Sabbath legacy?



9
Belonging comes first; then belief follows.

10
The sacrament of presence and life-giving words makes a hard heart open and receptive.

11
Encourage someone to rest today.



13
What myths have you believed about Sabbath?

14
Ask God to shape your mindset about Sabbath.

15
God gave the Sabbath in great love, to satiate your hunger for belonging.

16
HE HAS RISEN!
Matthew 28:6

17
Write down false messages believed about Sabbath, and surrender them to Jesus.



19
Sabbath is your personal invitation from God for restoration and recreation.

20
Meditate on Matthew 11:28–30; journal how God is replacing myths with truth.

21
God is less interested in *how* you spend Sabbath. He wants your undivided attention.

22
GET AWAY WITH ME AND RECOVER YOUR LIFE.
Matthew 11:28 (The Message)



24
Sabbath communicates that there’s “something different” about us.

25
How can Sabbath be a way of evangelism to those with whom you relate and influence?

26
Choosing rest from work is an act of compassion toward yourself.

27
Resentment keeps us from resting.

28
KEEP COMPANY WITH ME AND LIVE FREE AND LIGHT.
Matthew 11:30 (The Message)

29
What is one way you can show compassion toward yourself today?

30
Sabbath reminds us that we are loved deeply and we belong to him.

“When we abide in Jesus, all our questions about *how* we Sabbath are answered in *who* we worship.”

