



April

DISPELLING MYTHS

“Sabbath is not something we earn but a free gift we choose..”
Page 9

<p>1</p> <p>HE HAS RISEN!</p> <p>Matthew 28:6</p>	<p>2</p> <p>Sabbath is a weekly restoration; a reminder of who you are, not what you do.</p>	<p>3</p> <p>Sabbath is being church instead of <i>doing</i> church.</p>	<p>4</p> 	<p>5</p> <p>Does the fear of legalism keep you from making Sabbath a weekly rhythm?</p>	<p>6</p> <p>SABBATH WAS CREATED FOR YOU..</p> <p>Mark 2:27</p>	<p>7</p> <p>Life-giving rhythms leave a lasting imprint.</p>
<p>8</p> <p>What is your Sabbath legacy?</p>	<p>9</p> <p>Belonging comes first; then belief follows.</p>	<p>10</p> <p>The sacrament of presence and life-giving words makes a hard heart open and receptive.</p>	<p>11</p> <p>Encourage someone to rest today.</p>	<p>12</p> <p>What myths have you believed about Sabbath?</p>		<p>14</p> <p>Ask God to shape your mindset about Sabbath.</p>
<p>15</p> <p>God gave the Sabbath in great love, to satiate your hunger for belonging.</p>		<p>17</p> <p>Write down false messages believed about Sabbath, and surrender them to Jesus.</p>	<p>18</p> <p>Sabbath is your personal invitation from God for restoration and recreation.</p>	<p>19</p> <p>Meditate on Matthew 11:28-30; journal how God is replacing myths with truth.</p>	<p>20</p> <p>God is less interested in <i>how</i> you spend Sabbath. He wants your undivided attention.</p>	<p>21</p> <p>GET AWAY WITH ME AND RECOVER YOUR LIFE..</p> <p>Matthew 11:28 (The Message)</p>
<p>22</p> <p>Sabbath communicates that there's 'something different' about us.</p>	<p>23</p> <p>How can Sabbath be a way of evangelism to those with whom you relate and influence?</p>	<p>24</p> <p>Choosing rest from work is an act of compassion toward yourself.</p>		<p>26</p> <p>Resentment keeps us from resting.</p>	<p>27</p> <p>KEEP COMPANY WITH ME AND LIVE FREE AND LIGHT.</p> <p>Matthew 11:30 (The Message)</p>	<p>28</p> <p>What is one way you can show compassion toward yourself today?</p>
	<p>30</p> <p>Sabbath reminds us that we are loved deeply and we belong to him.</p>					

“When we abide in Jesus, all our questions about *how* we Sabbath are answered in *who* we worship.” Page 76