

# Sabbath Rest

Exodus 20:8–11, Exodus 31:12–17

The Old Covenant Sabbath

Sabbath Fulfillment in the New Covenant

4 Reasons to Consider Practicing a Sabbath

**A SIMPLE SABBATH PRAYER:** Lord Jesus, I set aside this day to rest in You as my Sovereign King. You are in control, I am not, and I joyfully submit to You. I am able to rest today because You have delivered me from sin and self-effort by being my sacrifice and giving me Your righteousness. I choose to trust You today by resting. I receive Your good gift of rejuvenation and refreshment.

**NEXT WEEK:** Love People – Exodus 20:12-17