

Back to Basics - Week 03

August 20, 2023

Speaker - Chris Sloan

Exodus 20:8-11

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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Everything enjoys God's rest that is under His rule

To **rest** from work and **refocus** on God.

The Sabbath was the sign that God would take care of his people if they learned to **trust him**

God wanted them to be **less productive than they could be...** so that they would have to trust God to **make up the difference.**

Do nothing

- Not because you can afford it, but because **I want you to have a space where you have to trust me.**

JESUS PROVIDED THE ULTIMATE REST

1. We have to learn to **rest from our hiding of our sins.**

2. We have to **rest from our striving** and our **works**

Question

- Who do you really trust to take care of you?

