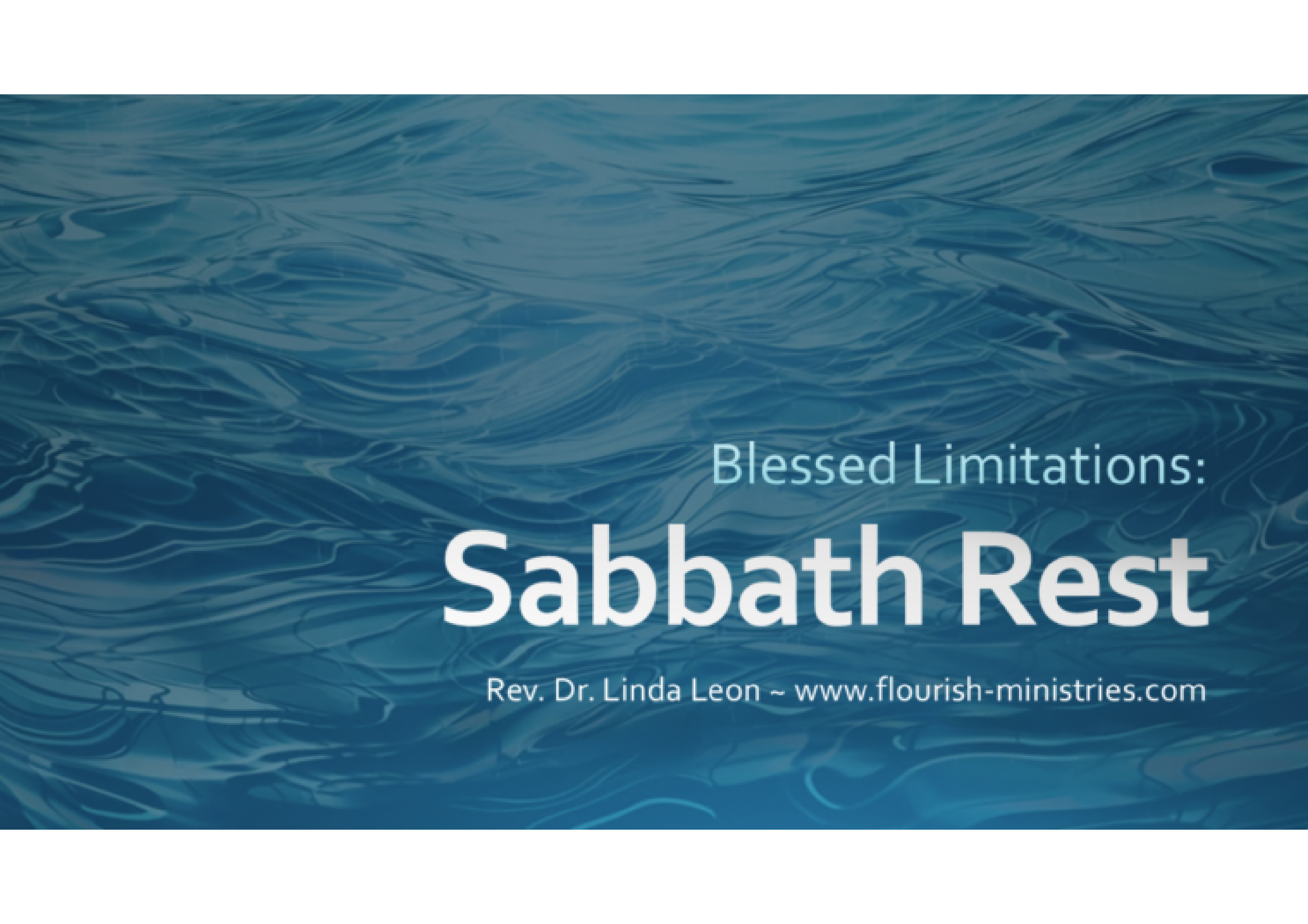




Blessed Limitations:

Sabbath Rest

Rev. Dr. Linda Leon ~ www.flourish-ministries.com

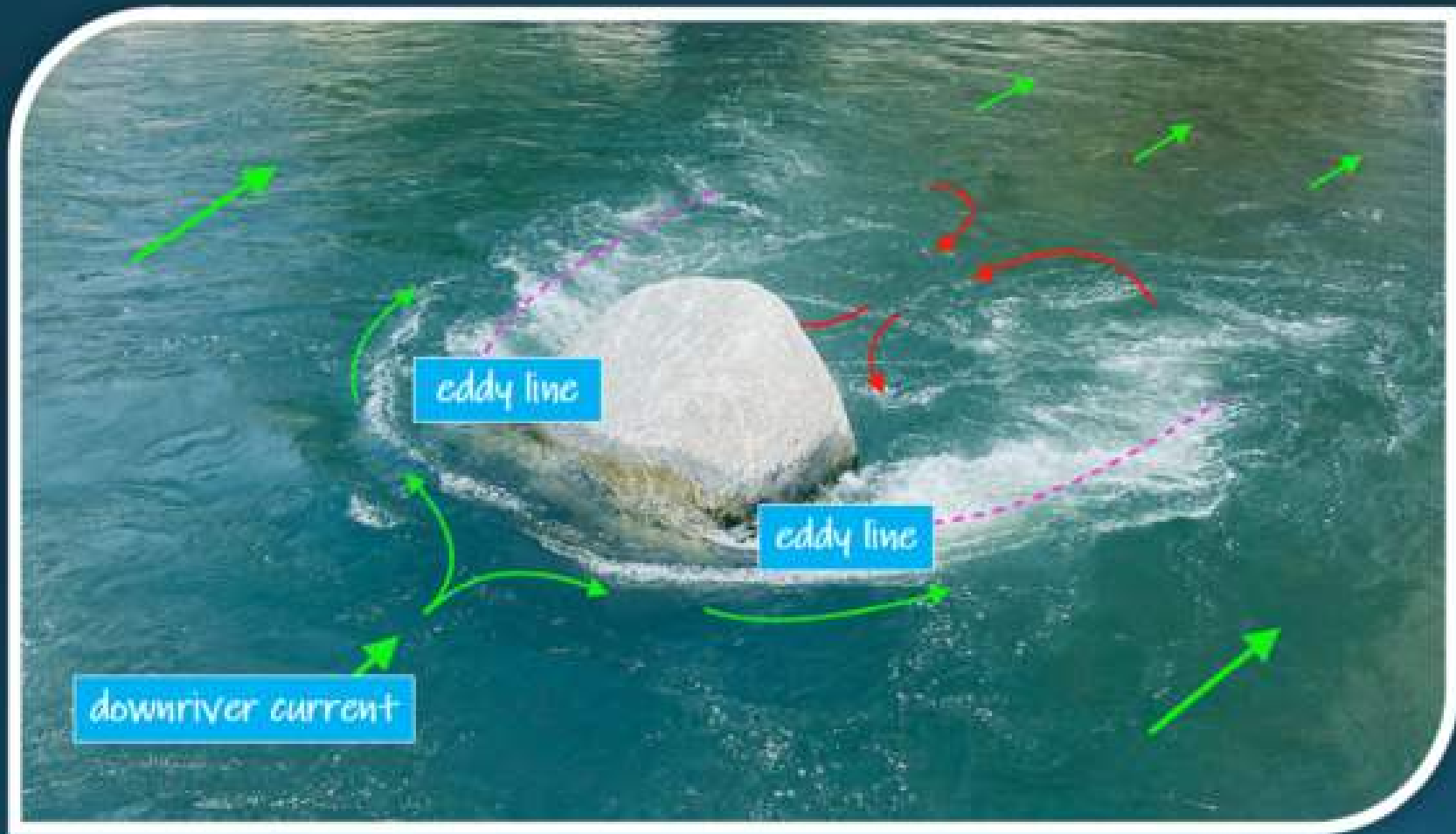
Jesus says to you, "Are you tired? Worn out?
Burned out on religion? Come to me.
Get away with me and you'll recover your life.
I'll show you how to take a real rest.
Walk with me and work with me—watch how I do it.
Learn the unforced rhythms of grace.
I won't lay anything heavy or ill-fitting on you.
Keep company with me
and you'll learn to live freely and lightly."

Matthew 11:28-30 (The Message)





I broke the rules
...and it didn't go well



water eddies = rest & safety



Why is it so hard to rest?

Genesis 2:2 ~ "God had finished the work that he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creation that he had done."



God lovingly
gives us
boundaries
for daily living
~ for our
health &
flourishing

Exodus 20:8 ~ "Remember the Sabbath day by keeping it holy. Six days you should do your work, but the seventh is a Sabbath to the Lord your God."





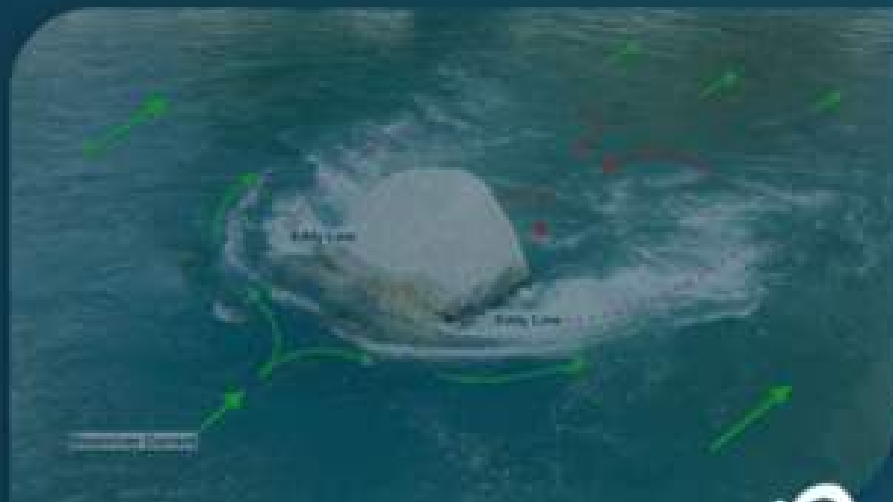
you can't pour
from an
empty pitcher

Mark 2:23-28 ~ "One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?'

He answered, 'Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.'

Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.'"

restoration has a name



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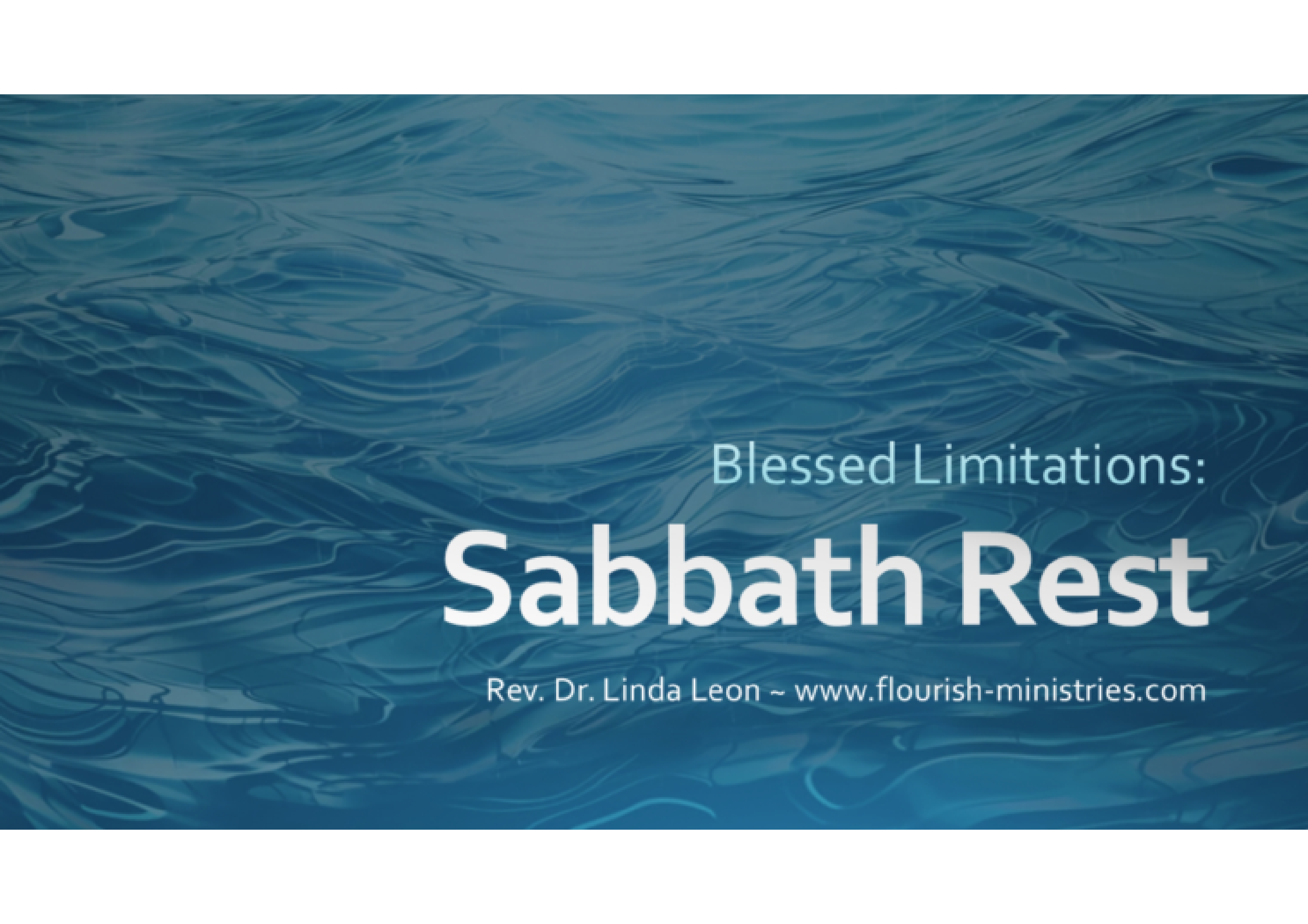
How physically
tired are you this
morning?

What can rest look
like for your life
right now?



Are you experiencing weariness that could be emotional or spiritual?

What would it look like for you to offer Jesus who you are right now, and ask Him to help you recover your life?



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