

October 21 & 24, 2021



Free to Trust the Wind

- To remember the Sabbath is an invitation to trust the King.

Exodus 20:8 (NIV)

“Remember the Sabbath day by keeping it holy.

- The Sabbath is an expression of trust.

Exodus 20:9-10 (NIV)

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.

- The Sabbath requires preparation.

Exodus 16:22-26 (NIV)

On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. ²³ He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’” ²⁴ So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. ²⁵ “Eat it today,” Moses said, “because today is a sabbath to the Lord. You will not find any of it on the ground today. ²⁶ Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”

Exodus 20:11 (NIV)

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.

- The Sabbath should be worshipful and restorative.
- The Sabbath points forward to ultimate rest in Jesus.

Hebrews 4:9-11 (NIV)

There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Matthew 11:28-30 (MSG)

“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.”