

A photograph of a desert landscape featuring rolling sand dunes. The dunes in the foreground are covered in fine, parallel ripples, suggesting wind patterns. The sky is a clear, bright blue with scattered, wispy white clouds. The overall scene is serene and expansive.

drawing near

A SPIRITUAL PRACTICE JOURNEY

the practice of

Sabbath

—

refrain





Genesis 2:1-3

“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

Rules of Sabbath

(OT)

Stay home — Exodus 16:29

No fire — Exodus 35:1-3

Death penalty — Numbers 15:32-36

Sabbatical Year — Leviticus 25

The Jubilee — Leviticus 25

The Passover — Exodus 11

Burnt offerings to God — Numbers 28:11-15

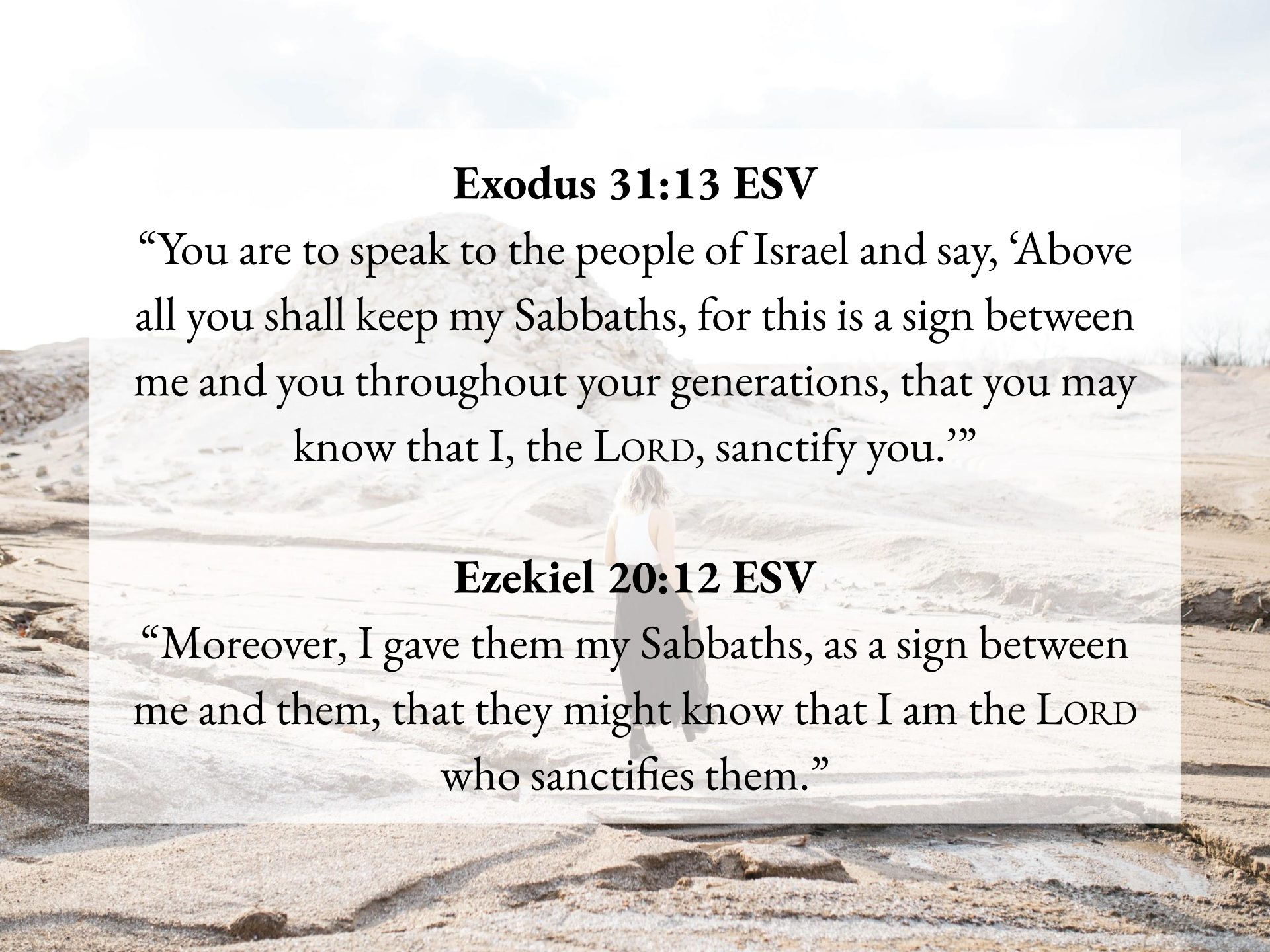
Feast of Weeks — Numbers 28:26

Feast of Unleavened Bread — Exodus 23:15

Feast of Harvest and A Day of Ingathering — Exodus 23:16

A Day of First Fruits — Numbers 28:26

The Feast of Tabernacles — Leviticus 23:34-44



Exodus 31:13 ESV

“You are to speak to the people of Israel and say, ‘Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you.’”

Ezekiel 20:12 ESV

“Moreover, I gave them my Sabbaths, as a sign between me and them, that they might know that I am the LORD who sanctifies them.”

*How did Jesus
change the
Sabbath?*

Luke 4:14-21

Jesus established his
ministry

Matthew 11:28-30

Jesus gives us rest

*How did Jesus
change the
Sabbath?*

Mark 2:27-28

Jesus takes ownership of
the Sabbath

*“The Sabbath was made
for man, and not man for
the Sabbath. Therefore the
Son of Man is also Lord
of the Sabbath.”*

Genesis 2:2-3

Exodus 16:5; 16:22-30; 20:8-11;
23:12; 31:13-17; 34:21; 35:2-3

Leviticus 19:3; 19:30; 23:1-3;
23:27-32; 24:8; 26:2; 26:34-35

Numbers 15:32-36; 28:9-10

Deuteronomy 5:12-15

2 Kings 4:23

2 Chronicles 36:21

Nehemiah 9:13-14; 10:31; 13:15-22

Psalms 92:1-15; 118:24

Isaiah 1:13; 56:2; 56:4-7; 58:13-14;
66:23

Jeremiah 17:21-22; 17:24-25; 17:27

Lamentations 1:7; 2:6

Ezekiel 20:12-13; 20:16; 22:8; 23:38;
44:24; 46:1; 46:3-5

Hosea 2:11

Amos 8:5

Matthew 12:1-7; 12:10-13; 24:20;
27:62

Mark 2:27; 6:2; 15:42; 16:1; 16:9

Luke 4:16; 4:31; 6:6; 13:10-17;
14:1-6; 23:54; 23:56

John 5:5-14; 7:21-24; 19:31; 20:19;
20:26

Acts 13:14; 13:27; 13:42; 13:44;
15:21; 16:13; 17:2; 18:4; 20:7

1 Corinthians 16:2

Colossians 2:16

Hebrews 4:4

Revelation 1:10

*How did Jesus
practice the
Sabbath?*

- Went to synagogues
- Took walks
- Had conversations
- Holy Work

*How can we
practice the
Sabbath?*

- Go to church
- Serve others (Holy Work)
- Rest & Worship
- Remember



Sabbath is...

- a gift
- a holy day
- faith builder

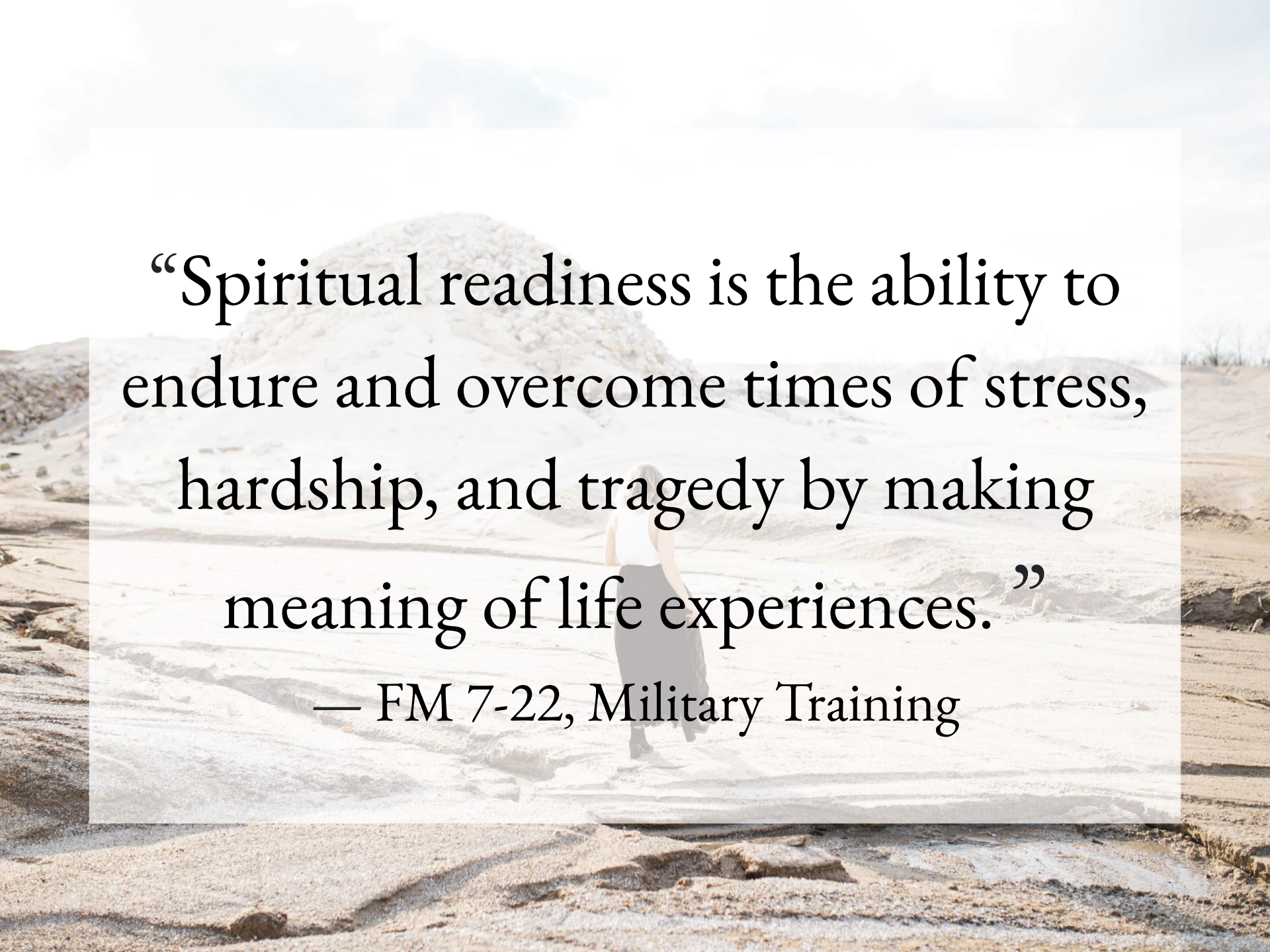
the practice of

Readiness

—


engage



A person in a white top and dark pants stands in a desert landscape, looking towards a large, rounded rock formation in the background. The scene is bright and hazy, with a light sky and sandy ground. The text is overlaid on a semi-transparent white box.


“Spiritual readiness is the ability to endure and overcome times of stress, hardship, and tragedy by making meaning of life experiences.”

— FM 7-22, Military Training



*What are
we getting
ready for?*

1. Our Next Thing
2. Spiritual Battles
3. Jesus' Return



“The biblical approach to the future involves *prayer* and *preparation*, more than *prediction* and *planning*.”

— Doug Scalise

1. God does the planning, we do the preparing. Proverbs 16:9
2. God’s purpose *will be* established.

Proverbs 19:21



getting ready for
Our Next Thing

PREPARE
OUR MINDS

1 Peter 1:13



getting ready for
Our Next Thing

LISTEN
FOR GOD

Psalm 32:8



getting ready for
Our Next Thing

LIVE IN PEACE

Romans 12:18

Proverbs 17:14



getting ready for
Our Next Thing

NURTURE
OUR FRUIT

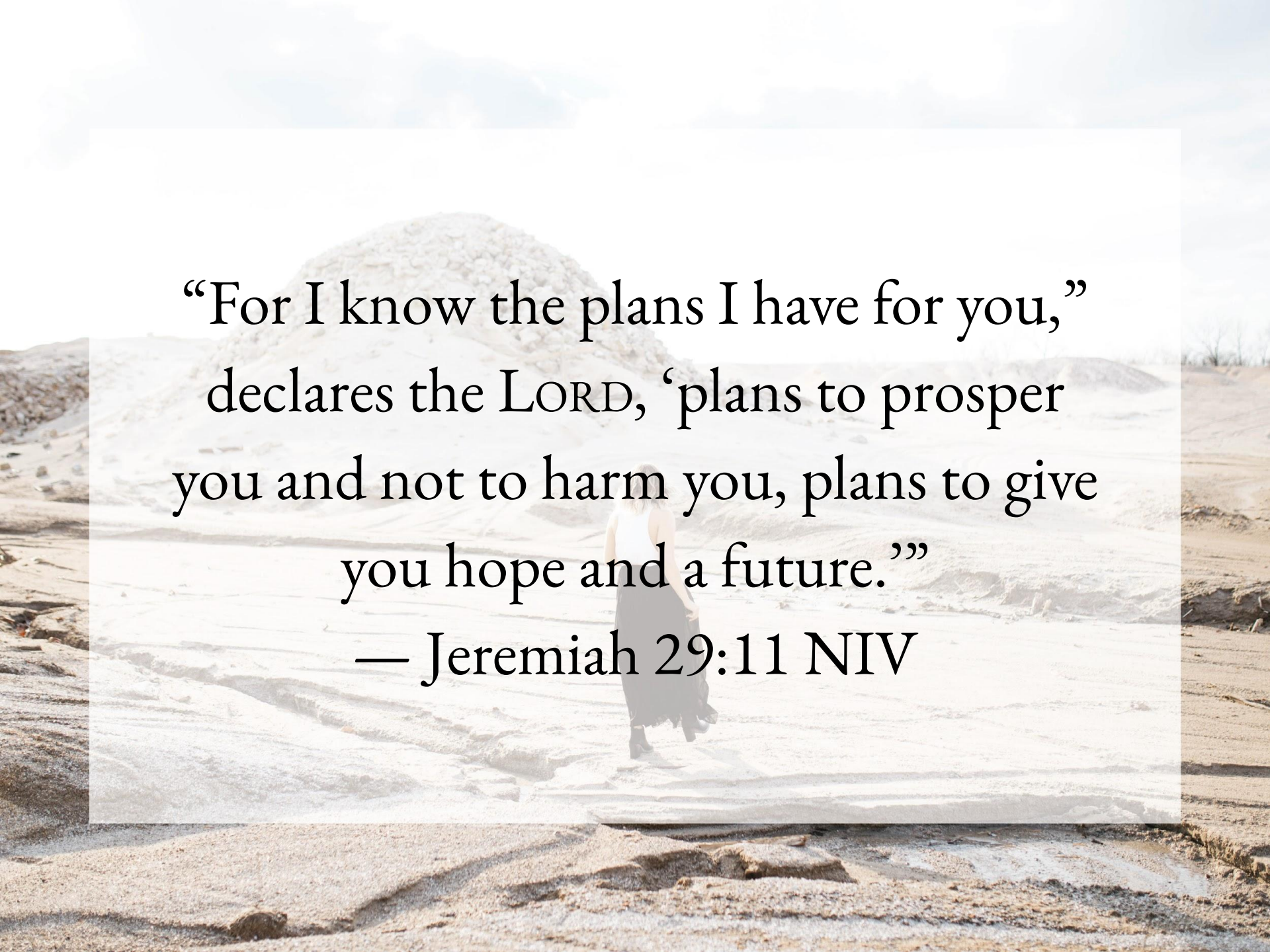
Galatians 5:22-23



getting ready for
Our Next Thing

GUARD
OUR HEARTS

Proverbs 4:23

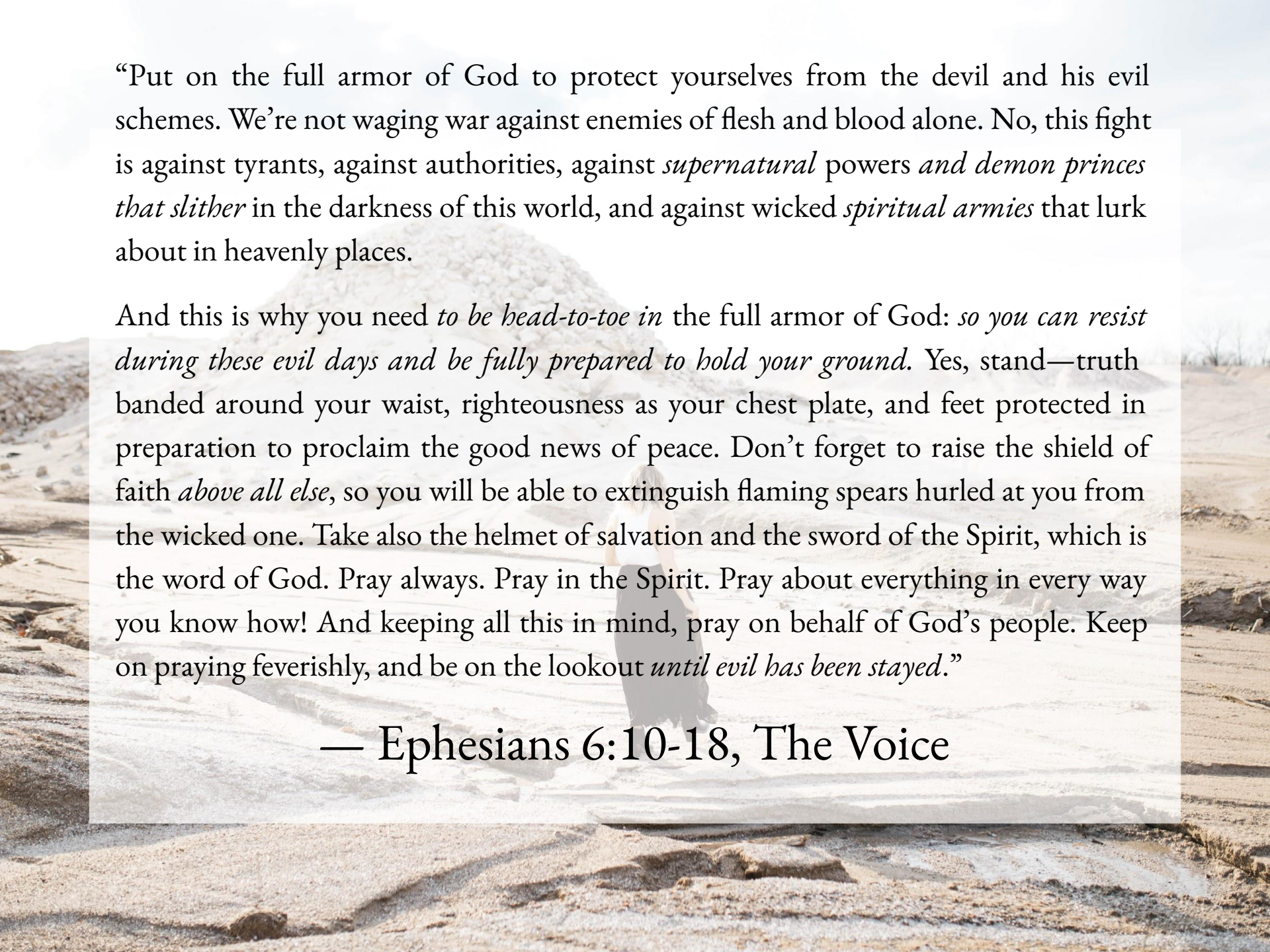


“For I know the plans I have for you,”
declares the LORD, ‘plans to prosper
you and not to harm you, plans to give
you hope and a future.’”

— Jeremiah 29:11 NIV

A photograph of a light-colored, textured fabric, possibly linen or cotton, draped over a wooden floor against a white wall. The fabric is gathered and folded, creating soft shadows and highlights. The background is a plain white wall, and the floor is made of light-colored wood planks.

getting ready for
Spiritual Battles



“Put on the full armor of God to protect yourselves from the devil and his evil schemes. We’re not waging war against enemies of flesh and blood alone. No, this fight is against tyrants, against authorities, against *supernatural* powers *and demon princes that slither* in the darkness of this world, and against wicked *spiritual armies* that lurk about in heavenly places.

And this is why you need *to be head-to-toe in* the full armor of God: *so you can resist during these evil days and be fully prepared to hold your ground*. Yes, stand—truth banded around your waist, righteousness as your chest plate, and feet protected in preparation to proclaim the good news of peace. Don’t forget to raise the shield of faith *above all else*, so you will be able to extinguish flaming spears hurled at you from the wicked one. Take also the helmet of salvation and the sword of the Spirit, which is the word of God. Pray always. Pray in the Spirit. Pray about everything in every way you know how! And keeping all this in mind, pray on behalf of God’s people. Keep on praying feverishly, and be on the lookout *until evil has been stayed*.”

— Ephesians 6:10-18, The Voice

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden surface. The fabric is gathered and folded, creating deep shadows and highlights that emphasize its texture. The background is a plain, light-colored wall.

put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 14

The Belt of Truth

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden surface. The fabric is gathered and folded, creating soft shadows and highlights. The background is a plain, light-colored wall.


put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 14

Breastplate of
Righteousness

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden floor. The fabric is gathered and folded, creating deep shadows and highlights that emphasize its texture. The background is a plain, light-colored wall.


put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 15

Foot Protection

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden surface. The fabric is gathered and folded, creating deep shadows and highlights that emphasize its texture. The background is a plain, light-colored wall.

put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 16

Shield of Faith

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden surface. The fabric is gathered and folded, creating deep shadows and highlights that emphasize its texture. The background is a plain, light-colored wall.

put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 17

Helmet of Salvation

A piece of light-colored, textured fabric, possibly linen or cotton, is draped over a wooden surface. The fabric is gathered and folded, creating deep shadows and highlights that emphasize its texture. The background is a plain, light-colored wall.

put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 17

Sword of the Spirit

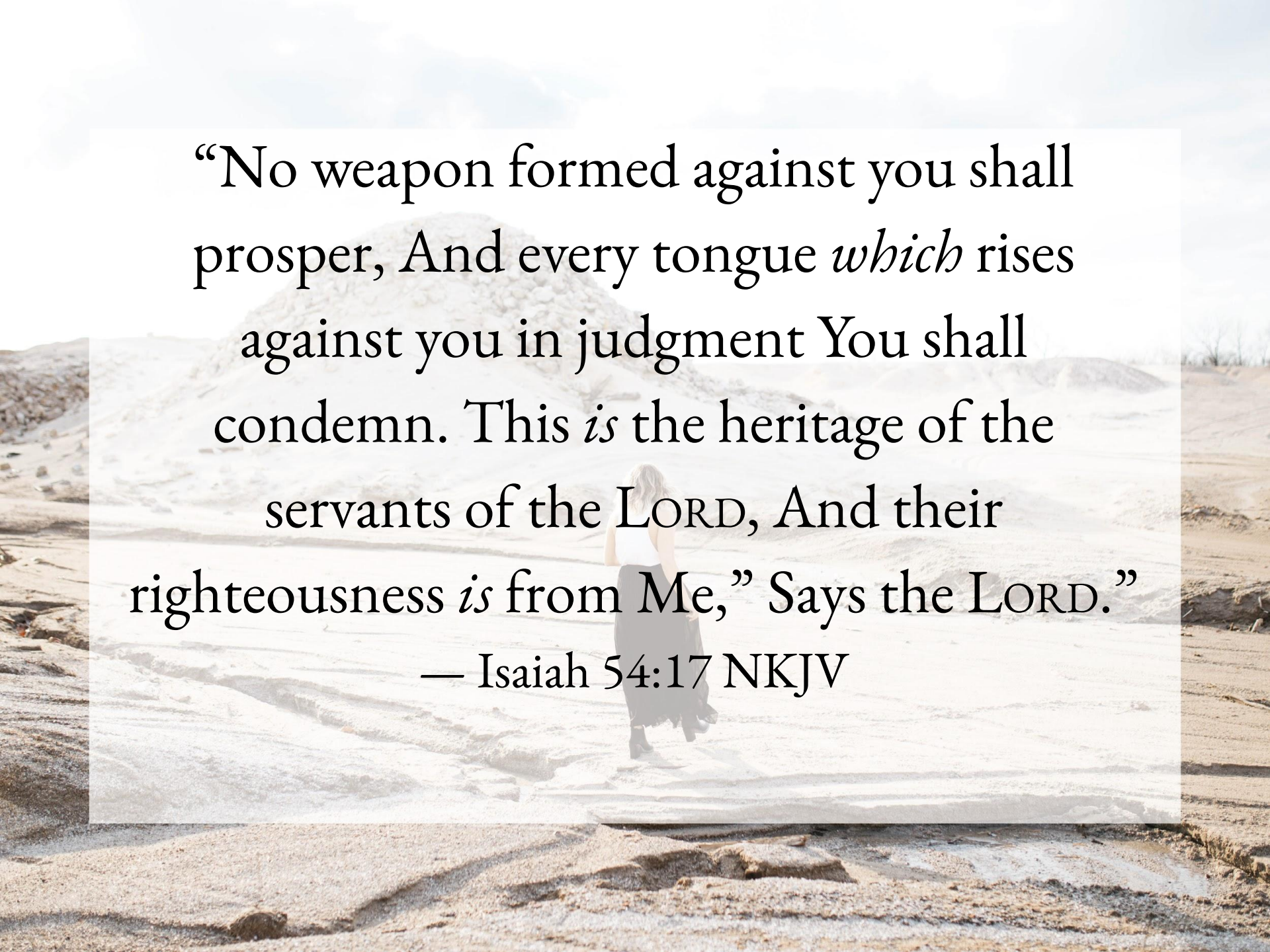
put on the

Full Armor *of* God

Ephesians 6:10-18

Verse 18

Pray Always

A woman with long hair, wearing a white sleeveless top and a dark, long skirt, is walking away from the camera on a rocky, desert-like landscape. The ground is uneven with large, light-colored rocks and patches of sand. In the background, there are more rocky hills under a cloudy sky. The overall scene is bright and somewhat desaturated.

“No weapon formed against you shall prosper, And every tongue *which* rises against you in judgment You shall condemn. This *is* the heritage of the servants of the LORD, And their righteousness *is* from Me,” Says the LORD.”

— Isaiah 54:17 NKJV



getting ready for
Jesus' Return

1. Truly *know* Jesus.
2. Pursue holiness.
3. Encourage others.
4. Persevere with confidence.
5. Express your hope.



getting ready for
Jesus' Return

1. Truly *know* Jesus.

Matthew 25:1-13



getting ready for
Jesus' Return

2. Pursue Holiness.

2 Peter 3:10,14



getting ready for
Jesus' Return

3. Encourage Others.

1 Thessalonians 5:1-2, 11



getting ready for
Jesus' Return

4 . Persevere with
confidence.

1 Corinthians 15:58



getting ready for
Jesus' Return

5. Express your hope.

1 Peter 3:15

The background of the slide is a close-up photograph of several white lily petals. The petals are arranged in a dense, overlapping pattern, with their characteristic trumpet-like shape and pointed tips. The lighting is soft, highlighting the delicate texture and subtle variations in white and cream tones of the petals.

Read His Word — Joshua 1:8

Study and Memorize passages — Psalm 119:105

Pray — Psalm 145:18

Fellowship — Hebrews 10:24-25

Share our stories and the truths of the Gospel — 1 Peter 3:15