



Sabbath - Made For Rest
Rest In Reality
Pastor Josiah Stukenberg
28 June 2026

God made us _____ rest (*Genesis 2:1-3*)

We live in a _____ culture,

We need to learn how to place _____ in our lives.

Rest in Reality

Four realities to rest in...

Reality #1 : God is God and I am _____ God.

(Exodus 20:8-11; Psalm 19:1-2)

What if I changed my _____ ?

(Isaiah 55:8-9; Colossians 3:2)

Rest Is _____

Saturday, Sunday or _____ Day?

When is _____ sabbath day?

Reality #2 : Everything is in God's hands, not _____ hands.

(Psalm 24:1-2; John 1:3; Colossians 1:16-17)

Rest Is _____

(Psalm 103:13-14)

Reality #3 : God holds _____ in His hands.

(Matthew 11:28-30, John 10:27-30)

Rest Is _____

We rest in Relationship through _____

(Philippians 4:6-7)

Reality #4 : I can find rest _____ His hands.

(Psalm 23; Psalm 139; James 1:17; Exodus 31:17b)

How am I _____ ?

(Psalm 34:8)

How do I make rest a _____ ?

_____ for rest (*Exodus 16*)

This week's Sabbath Prayer

LORD, as we reflect on Biblical rest this week, we ask that you remind us of your divine position as Author and Creator of us and all things. Lord, you created us to depend on you. Your desire for us is trust and obedience. Your Word tells us how vitally important it is to set aside time each week to rest in you, trusting that you hold all things in your sovereign power and design. You promise to sustain and provide as we trust, and rest, in You. Help us to let go of anything that interferes with that trust. (Genesis 2:2, Exodus 20:8-11, Deuteronomy 5:12-15)

Pick up a copy of "Pray Big"—before you leave! We encourage you to take one if it will bless you!