



Sabbath - Made For Rest
Rest In Remembering
Pastor Josiah Stukenberg
7 June 2026

How will you _____ using _____ and instead
_____ in your week?

Genesis 2:1-3

Before the Fall, God ordained Marriage/Family, Work and _____
God made us _____ rest

1. God _____ His work (v. 2a)
2. God _____ from his work (v. 2b)
3. God _____ the seventh day and made it _____ (v. 3)

Are we _____ to keep the Sabbath?

Exodus 20

Are Christians _____ to keep the Ten Commandments?

Following the Ten Commandments does _____ make you a Christian.
(Galatians 2:16)

Jesus is Lord of the Sabbath!

(Mark 2:23-28)

The Old Testament. The New Testament.

The Old _____ . The New _____ .

The Old Testament _____ and _____ us for Jesus
The New Testament _____ and _____ on the Work of Jesus

The entire Bible points to _____ !

_____ was given to Israel to remember
the Mosaic Covenant (*Exodus 31:16-17*)

The _____ was given to Christians to remember
the New Covenant in Christ (*Luke 22:19-20, Hebrews 8:8b-13*)

Rest gives us the _____ to remember

**Remember that you were a _____ ,
but God _____ you!**
(Ephesians 2:1-5)

REST IN HIM

(Matthew 11:28-30)

Are we _____ to keep the Sabbath?

(Colossians 2:16-17)

Sabbath Rest is still _____ . *Ceasing* is still _____ for us.

We can often make the mistake of reading the Bible asking:

“What am I _____ to do?” *But...*

What if God is _____ us into something that is good?

Remember...

1. **God made you _____ rest.**
2. **In Christ, you are no longer a _____ to sin.**
3. **True rest is found in _____ in Jesus.**
4. **Sabbath Rest is _____ . It is a *blessing!***

This week’s Sabbath Prayer

LORD, in our time of rest this week help us to reflect on the gift of grace through your Gospel. Remind us that you your son, Jesus is Lord of the Sabbath. Thank you, God, for loving us, for saving us, and for setting us free from the bondage of sin and slavery. Your grace means we can rest in you, now and forever. It is your good pleasure to give us your kingdom, Lord. Thank you for showing your loving kindness to us. (Luke 12:32)

If you haven’t already, pick up your free copy of “The Art of Rest”—before you leave! We encourage you to read through chapters 3 and 4 this week.