

The Weekly Rhythm of the Sabbath

Spiritual Rhythms (part 4)

Review

- ☞ #1: Seeking the Lord
 - To seek the Lord **exclusively**
 - To seek the Lord **earnestly**
 - To seek the Lord **expectantly**
- ☞ #2: Daily Rhythms: Time with God in His Word
- ☞ #3: Daily Rhythms: Time with God in Prayer

Are we morally obligated to keep the Sabbath?

GOD GAVE THE SABBATH...

- ☒ ...to establish the 6 & 1 pattern of rest which He modeled in creation

☞ Action point: Establish a Sabbath day when you truly

☒ ...to set the Israelites apart

☒ ...to set apart a day to worship

☞ Action point: Make weekly corporate worship a

Conclusion