



Message Reflections

September 18, 2022

*“Sabbath is an opportunity to mend our tattered lives;
to collect, rather than to dissipate time.”*

- Abraham Joshua Heschel

Read: Exodus 20:8-11; Deuteronomy 5:15

How does a regular practice of Sabbath help you reflect on the following truths, and how should each truth shape the rest of your week:

- God is in control...
 - God provides for your needs...
 - God is with you...
 - God is your Savior and you can rest in Him...
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- Have you viewed Sabbath as being all about rules instead of understanding God’s heart and purpose for giving us the Sabbath? How has that affected your willingness to practice Sabbath?

 - Is your life so crowded with activities that spending time with the Lord is difficult? What changes could you make in order to experience greater spiritual rest?

God gives us Sabbath rest to rekindle our worship, to renew our spirits, to refresh our minds, to relax our bodies and to reestablish our priorities. My prayer for Remembrance Church is that we would begin to experience each of these more during the next weeks.