

Do You Want a Strong Spiritual Life?

“ Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.”

-Colossians 3:2-3 NLT

Sabbath

Rest and Focus

What Is A Sabbath

“Tomorrow is a day of rest, a holy Sabbath to the Lord.”

-Exodus 16:23

What Is A Sabbath

- Rest (Physical)
- Focus (Spiritual)

“Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.”

-Matthew 18:4

Give Up Control and Give My Attention

-Like A Child

- Control = I'm Not Responsible
- Attention = I'm Not Independent

What Is A Sabbath

- Stop
- Rest
- Contemplate
- Delight

“If you call the Sabbath a delight and the Lord’s day holy and honorable. . . Then you will find your joy in the Lord, and I will cause you to ride on the heights of the land” -Isaiah 58:13-14