

Renovation: The Renovation of Rest
Pastor Johnson Bowie
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We are living in “The Great Pause.”

“In the rush to return to normal, use this time to consider what parts of normal are worth rushing back to.” — Dave Hollis

If we end up back in the same stressed out, worn out, and burned out way of life we were in before this started, then we’ve lost the lesson.

Genesis 2:2-3 NIV

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it HOLY, because on it he rested from all the work of creating that he had done.

Sabbath // Shaabat — to cease, to abstain, to desist from, to end, to stop

God created one day every week to be **holy**.

Exodus 20:8-11 NIV

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he RESTED on the seventh day. Therefore the Lord blessed the Sabbath day and made it HOLY.”

God created one day every week to be **holy**, to **rest**.

2 Chronicles 36:21 NLT

*So the message of the Lord spoken through Jeremiah was fulfilled. The land finally enjoyed its **SABBATH REST**, lying desolate until the seventy years were fulfilled, just as the prophet had said.*

Unobserved Sabbaths ACCUMULATE.

Deuteronomy 5:12-15 NLT

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God ... REMEMBER that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.”

God created one day every week to be **holy**, to **rest**, and **remember**.

We've been set free but we're still living as slaves.

God created one day every week to be **holy**, to **rest**, and **remember**, and **reflect**.

Genesis 28:16 NIV

When Jacob awoke from his sleep, he thought, “Surely the Lord is in this place, and I was not aware of it.”

Are we standing on holy ground all the time, passing burning bushes on the left and the right, but we miss them because we're moving too fast and we never stop to reflect?

God created one day every week to be **holy**, to **rest**, and **remember**, and **reflect**, and **reconnect**.

“You can't walk with God in a hurry. Heaven moves at a certain pace and transmits its messages at a certain frequency.” — Chip Judd

There are 3 levels of understanding the Sabbath:

1. Rest from your work.

2. Rest from even the thought of work.
3. Rest as if all your work is done.