

What good is it for someone  
to gain the whole world, yet  
forfeit their soul?

Mark 8:36 NIV

# The Keeper of the Stream A Modern Parable

<https://youtu.be/DZqifFZYVPQ>



Our Soul is like an inner stream of water, which gives strength, direction and harmony to every other area of our life.

When the stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted in the vastness of God and his kingdom, including nature;

and all else within us is enlivened and directed by that stream. Therefore we are in harmony with God, reality and the rest of human nature and nature at large.

Dallas Willard, Renovation of the Heart

Then the Lord  
God formed the  
man of *dust*  
from the ground  
and breathed  
into his nostrils  
*the breath*  
*of life*, and  
the man became  
a living creature.

GENESIS 2:7

# Sabbath Day

## **A Command**

Exodus 20:10,11

*Remember* the Sabbath

*Do no work*

The Lord *blessed* the Sabbath

Made it *holy*

## **A Blessing**

Exodus 16:29

Bear in mind the LORD has given you the Sabbath

As image bearers, we rest as he rested. He allowed himself to be *breathed upon*.



# More than a day off- A Sabbath rest for God's people

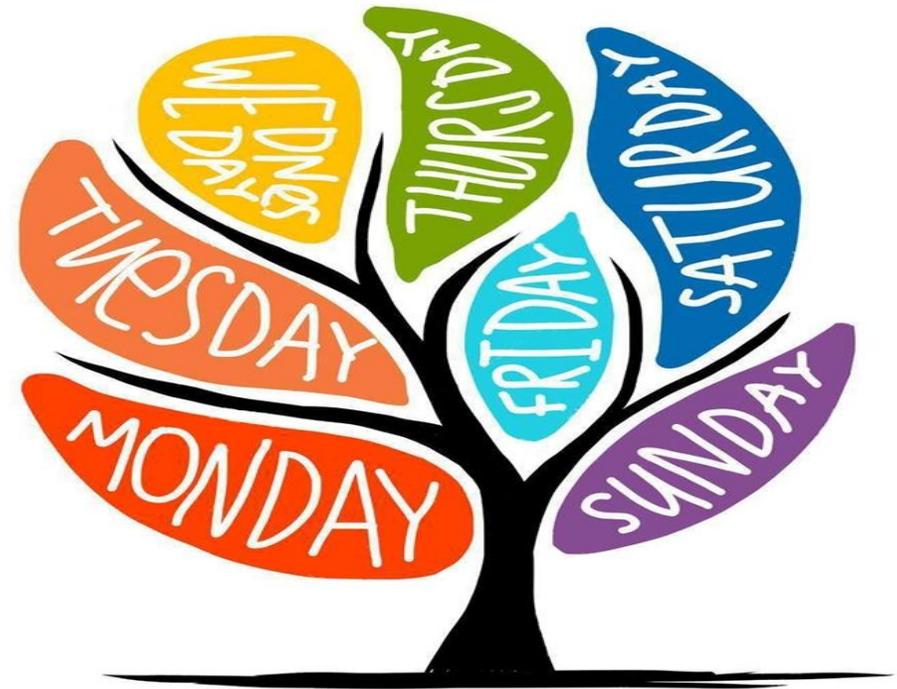
*Hebrews 4 : To Jewish Christians in Jerusalem*

Speaks of entering into a relationship with Christ that frees us from 'working' to gain salvation, this is our spiritual rest.

The Sabbath speaks of this rest and reminds us of it. For Jewish people it had reminded them that they were a 'set apart' people.

It was woven into the creation story. A repeated pattern...every week...remember.

- **Remember** who I AM
- **Remember** what I've done
- **Remember** whose you are
- **Remember** what I've promised



# More than a day off

Mark 2: 24ff

Jesus restores the true meaning of Sabbath.



It is not a day for the heavy burdens; it is a justice day.

“ The Sabbath was made for man, not man for the Sabbath.”

Jesus heals and delivers on the Sabbath.

It is a day also for our healing.



**PREPARE**

**TO STOP**

**REST**



# Delight



# Worship Contemplate Consider



# Sabbath

**good day**

**blessed day**

**joyful day**

**playful day**

**restful day**

**soul-restoring day**

**connected day**