

# Message Notes

July 24, 2022

Work and Rest  
Sabbath as Trust (Exodus 16:1-30)  
Brian Schwarberg

- ◆ We're exploring the two life-giving rhythms of \_\_\_\_\_ & \_\_\_\_\_ that God has designed for us.
- ◆ Sabbath = \_\_\_\_\_.
- ◆ The \_\_\_\_\_ use of the word Sabbath is found in Exodus 16:23.

## God's Testing:

- ◆ God tests people for their \_\_\_\_\_, \_\_\_\_\_ His. Dt. 8:2-3
- ◆ God is testing His people so they learn to \_\_\_\_\_ Him daily.
- ◆ Trust = a bold, \_\_\_\_\_, sure security in someone/thing.
- ◆ Trust is putting \_\_\_\_\_ into \_\_\_\_\_.
- ◆ The \_\_\_\_\_ God gives His people is practicing \_\_\_\_\_.

## Sabbath:

Moses said to them, "This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. Exodus 16:23

- ◆ Holy = \_\_\_\_\_.
- ◆ Sabbath is a way to be set apart from the \_\_\_\_\_ around us.
- ◆ Sabbath \_\_\_\_\_ us with the question: whom do \_\_\_\_\_ trust?

## Sabbath Lessons in Trust:

- 1 God is in \_\_\_\_\_. Gen. 50:20; Is. 55:8-9; Prov. 19:21; Col. 1:17
- 2 God is the \_\_\_\_\_ for our lives. Dt. 2:7; Mt. 6:26-33; Phil. 4:19
- 3 We \_\_\_\_\_ get it all \_\_\_\_\_.
- 4 Practicing Sabbath \_\_\_\_\_ us to \_\_\_\_\_. John 6:35, 49-51
- ◆ \_\_\_\_\_?