

Message Notes

July 31, 2022

Work and Rest
Sabbath as Identity (Dt. 5:12-15)
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Rest and Identity

◆ Rest is a _____ that allows us to remember who God is and who we are.

◆ We're exploring the two life-giving rhythms of _____ & _____ God has designed for us.

◆ Sabbath = _____. Gen. 1-2; Ex. 16, 20; Dt. 5

◆ The Israelites _____ was related to _____. Ex. 1, 5

The 4th Commandment

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath.

◆ _____ = to keep, to watch over, guard or protect. Gen. 2; Dt. 5:12

◆ In Ex. the motivation is _____. In Dt. it's _____.

Sabbath Lessons in Identity:

① We all suffer from spiritual _____. Dt. 6:12, 8:14

◆ Sabbath is the _____ to spiritual amnesia.

② We are not what _____; rather, we are who we are loved by.

◆ In Sabbath, we move from productive to _____.

◆ Not just the absence of _____; it's the presence of _____.

③ Sabbath is an act of _____.

◆ Sabbath is a way to say _____!

④ Remembering the Sabbath points us to _____. Rom. 6:6-7

◆ Sabbath is a _____ that helps us remember our _____.

Your Identity in Christ. You are:

- Delighted in (Isaiah 42:1)
- Rejoiced over (Zeph. 3:17)
- The light of the world (Matthew 5:14)
 - Valued (Matthew 6:26)
 - A child of God (John 1:12)
- Free from sin and bondage (John 8:21-32, 35)
 - Indwelt by the Holy Spirit (John 14:20)
- Clean/Cleansed (John 15:3; 1 John 1:7, 9)
 - A friend of God (John 15:14-15)
 - God's possession (John 17:9)
 - Filled with joy (John 17:13)
 - At peace with God (Romans 5:1)
 - Reconciled to God (Romans 5:10)
- Dead to sin, alive to God (Romans 6:6, 11)
 - No longer a slave to sin (Romans 6:6)
- An instrument of righteousness (Romans 6:13)
 - Saved eternally (Romans 6:23)
 - Not condemned (Romans 8:1)
- More than a conqueror (Romans 8:37)
 - Accepted (Romans 15:7)
 - Victorious (1 Cor. 15:57)
 - A new creation (2 Cor. 5:17)
- The righteousness of God (2 Cor. 5:21)
- Crucified with Christ (Galatians 2:20)
 - Alive with Christ (Galatians 2:20)
 - Redeemed (Galatians 3:13)
 - Adopted (Galatians 4:5)
- Forgiven (Col. 2:13, 3:13; Eph. 4:32; 1 John 1:9)
 - Holy and dearly loved (Col. 3:12)
 - Known (2 Timothy 2:19)
 - An overcomer (1 John 5:4-5)
 - In Christ (1 John 5:20)