



*a* RHYTHM *with* REST

# A Rhythm With Rest

Week 2 - The Sabbath

Teaching Pastor Jim Supp - Reston Bible Church - Sunday, January 14th, 2024



## **SR-71 Blackbird**

*UDVAR-HAZY Smithsonian Air & Space Museum*

*Image credit: Geo Keegan*



## Cessna 172 Skyhawk

*Wikipedia Commons*

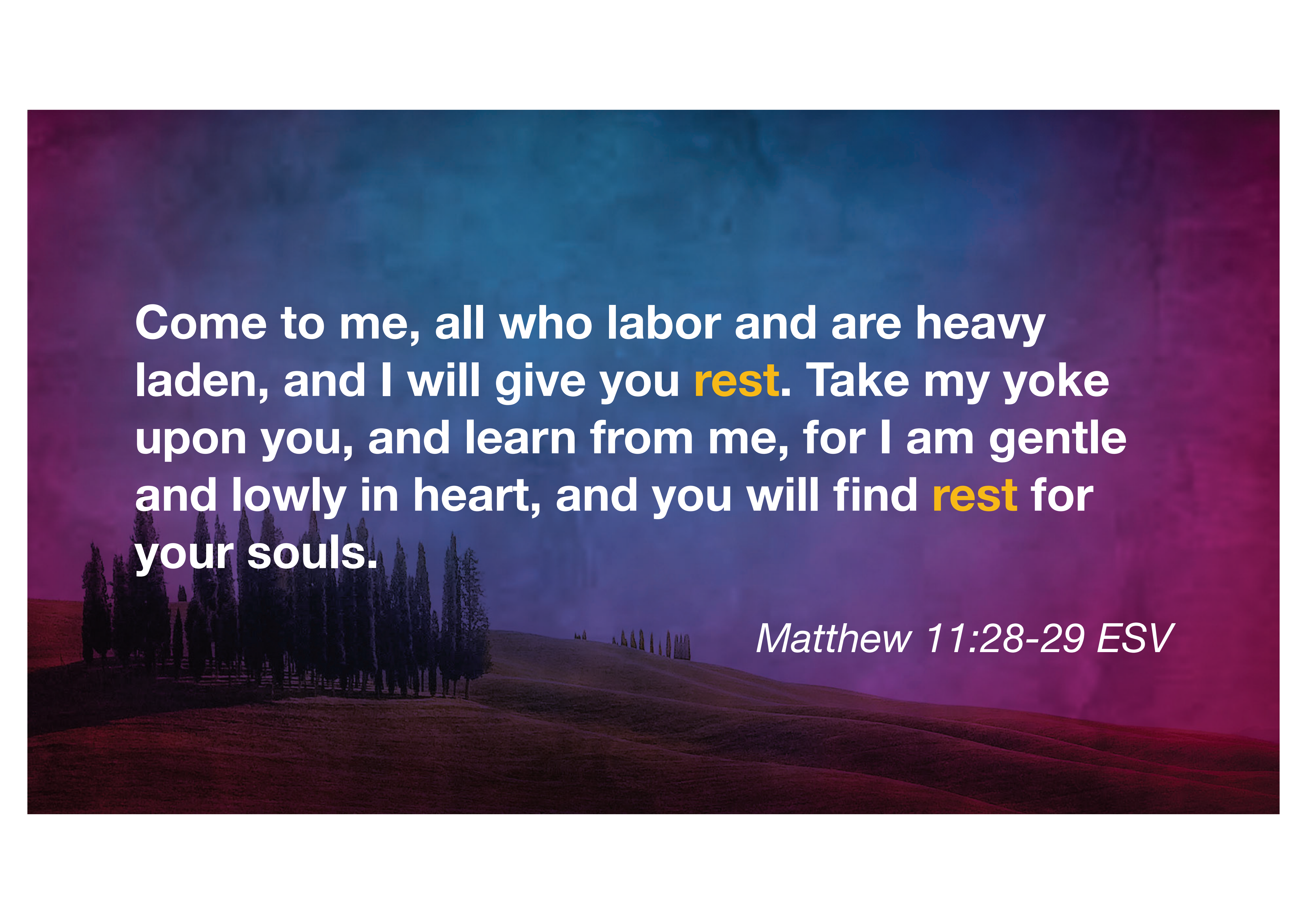
*Image credit: Peter Bakema*

# Building the Foundation for A Rhythm With Rest:

- **We are Created in the Image of God**
- **God Created us to be Creative**
- **Effective Rhythms are by God's Design**


Do You Experience a **Rhythm With Rest?**



A landscape photograph showing rolling hills in the foreground and a line of tall, thin trees in the middle ground. The sky is a mix of deep blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

Come to me, all who labor and are heavy laden, and I will give you **rest**. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **rest** for your souls.

*Matthew 11:28-29 ESV*

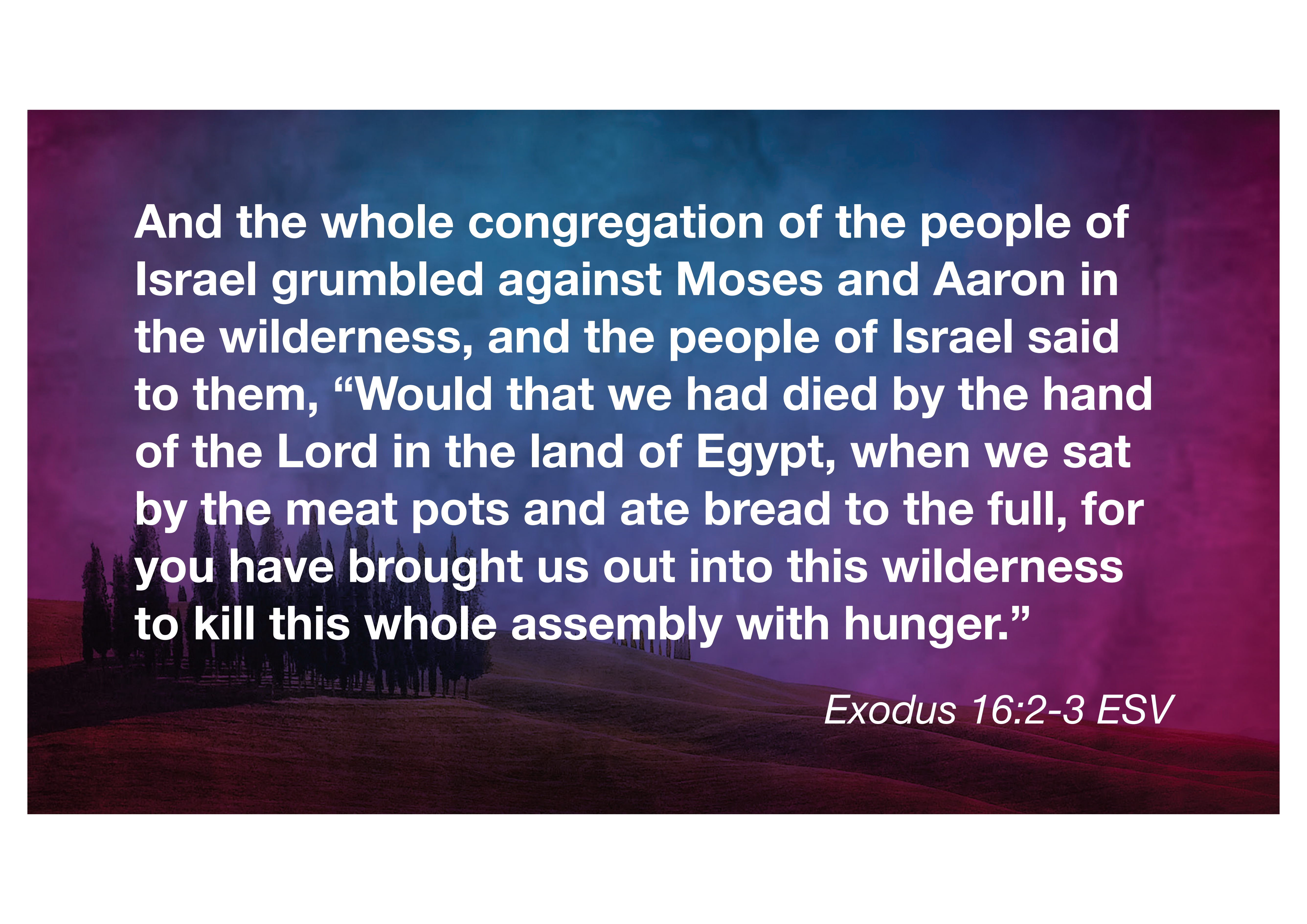


**“Let my People Go”**

*The Ten Commandments*

*Charlton Heston & Yul Brenner*

*Cecil B. DeMille & Paramount Pictures*

A landscape with rolling hills and a line of trees under a purple and blue sky. The text is overlaid on this background.

**And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, and the people of Israel said to them, “Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”**

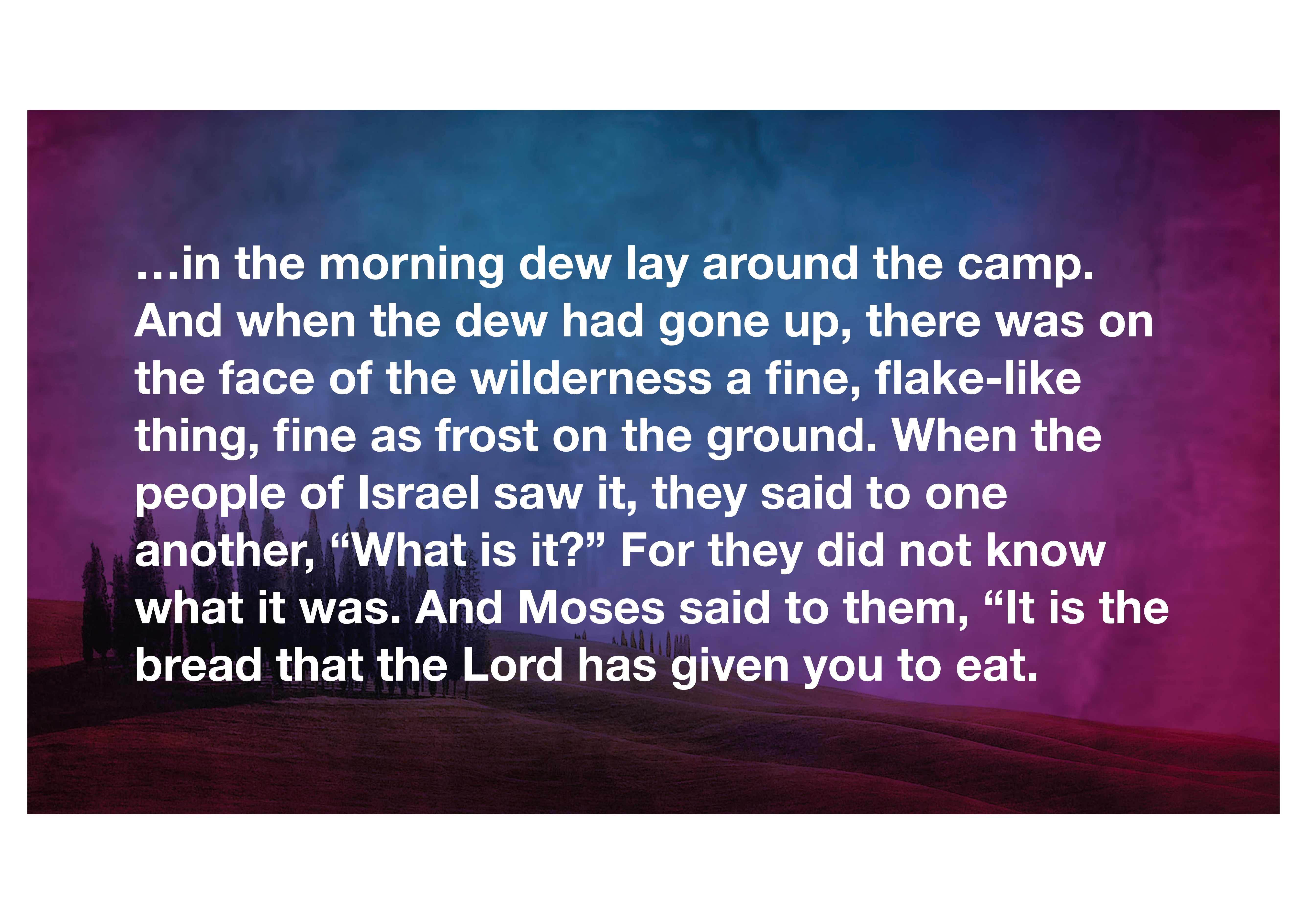
*Exodus 16:2-3 ESV*



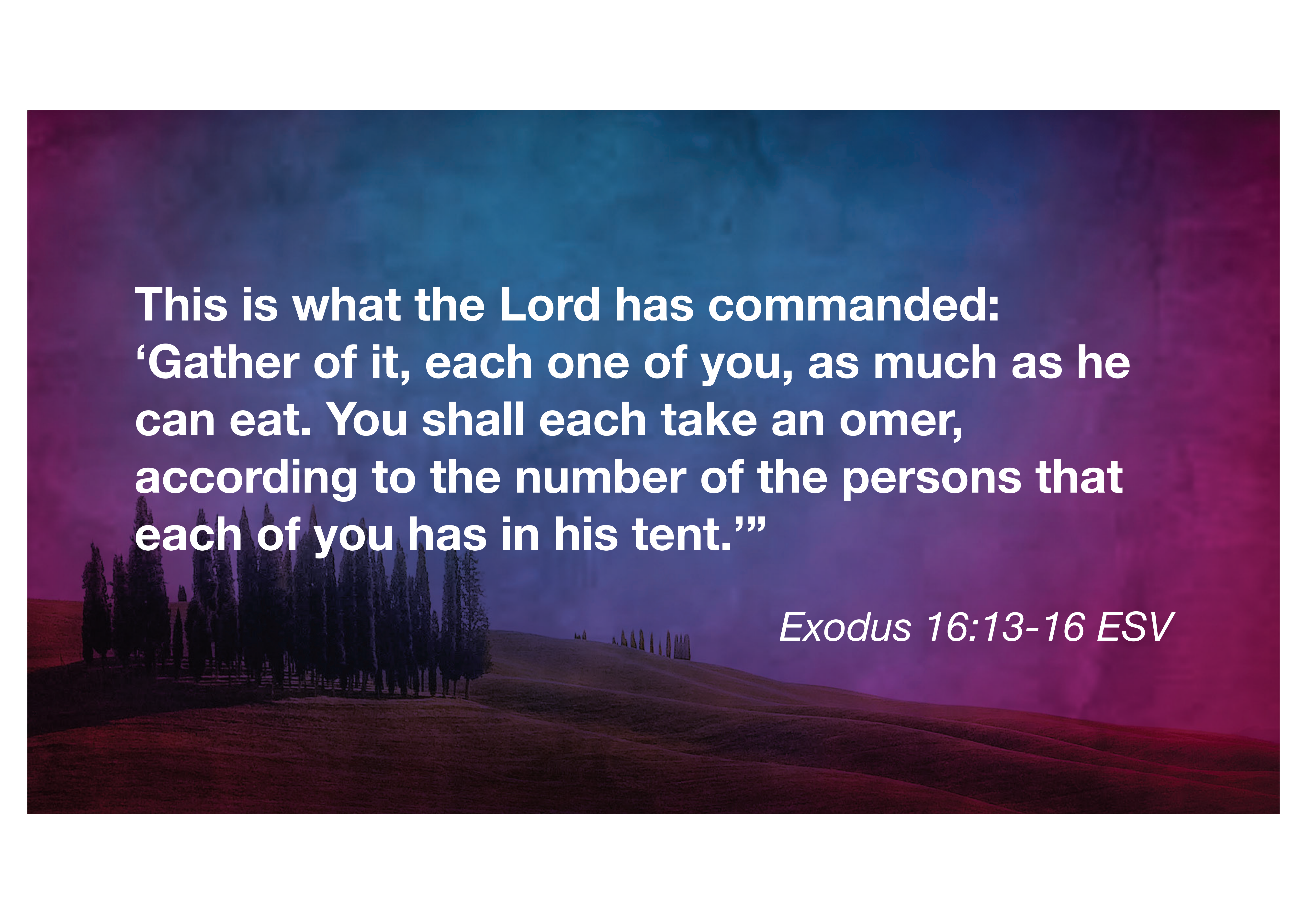
# 1. Trusting God for Provision

Then the Lord said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not.

*Exodus 16:4 ESV*

The background of the slide is a landscape photograph. It shows rolling hills in the foreground, a line of tall, thin trees in the middle ground, and a sky with a gradient from deep purple to blue. The text is overlaid on this image in a white, bold, sans-serif font.

**...in the morning dew lay around the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the Lord has given you to eat.**

A landscape photograph showing rolling hills in the foreground and middle ground. A line of tall, thin, dark trees stands on a ridge in the middle ground. The sky is a gradient of purple and blue, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

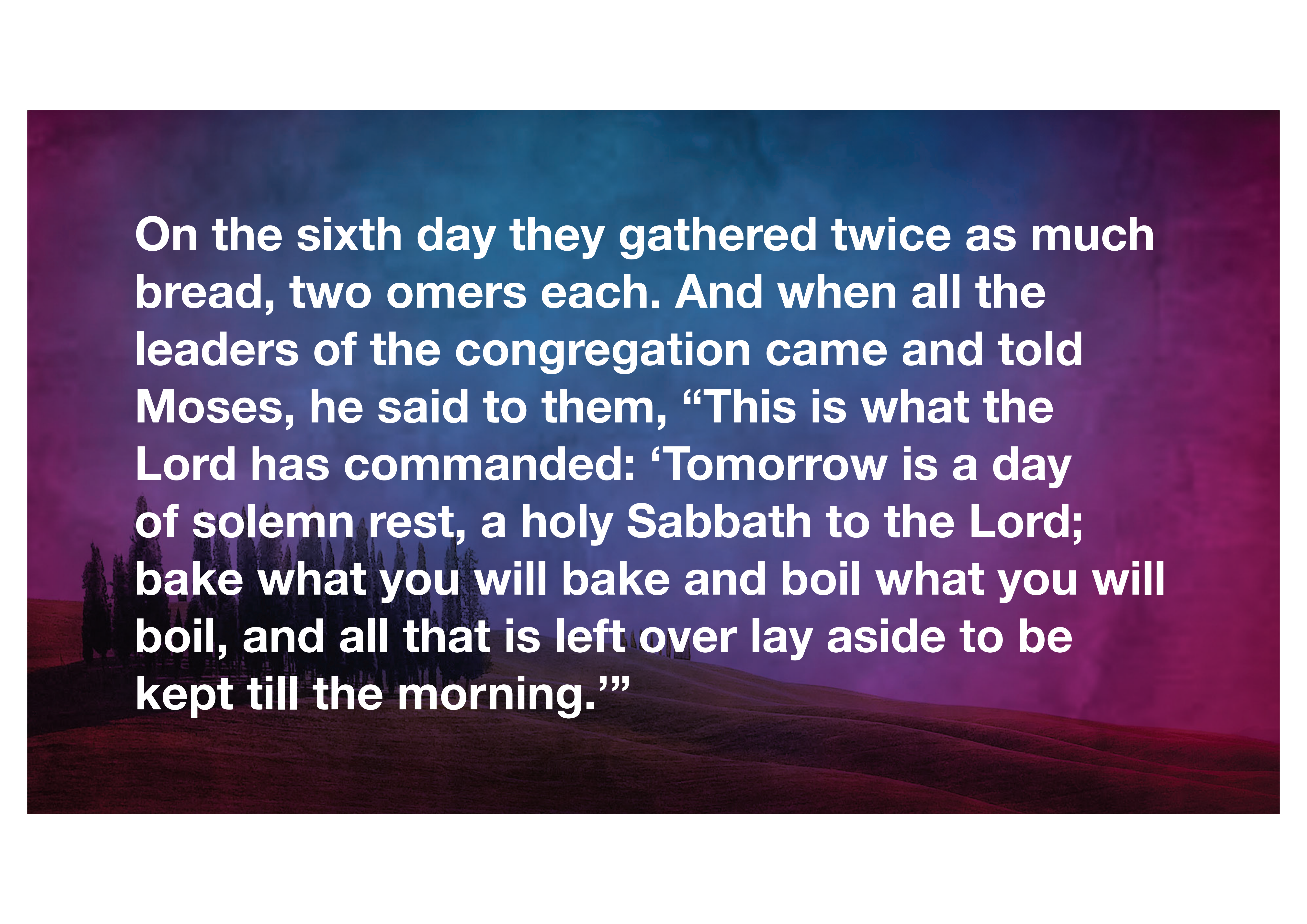
**This is what the Lord has commanded:  
‘Gather of it, each one of you, as much as he  
can eat. You shall each take an omer,  
according to the number of the persons that  
each of you has in his tent.’”**

*Exodus 16:13-16 ESV*

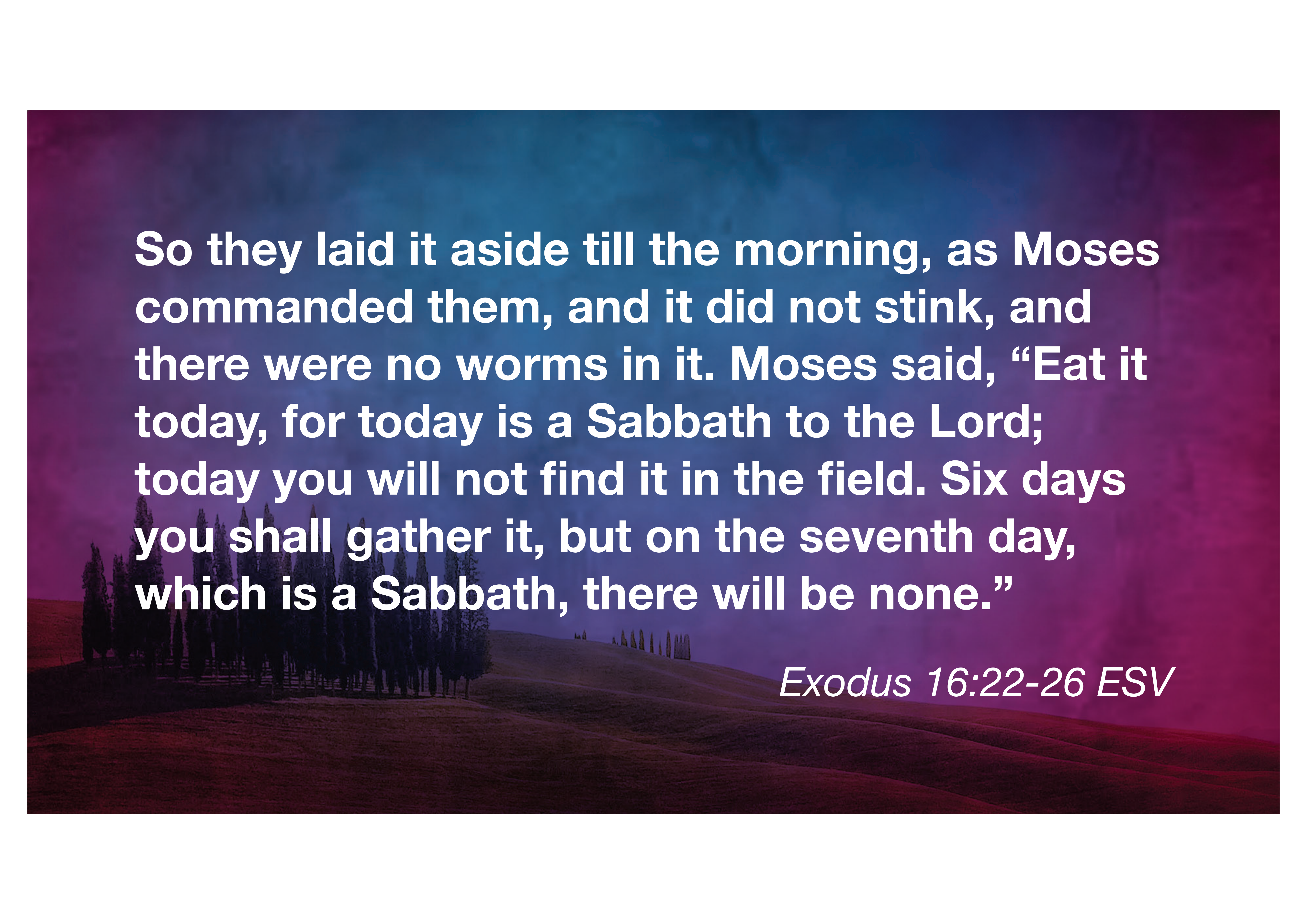
A landscape photograph featuring rolling hills in the foreground and a line of tall, thin cypress trees in the middle ground. The sky is a mix of deep blue and purple, suggesting a twilight or dawn setting. The overall mood is serene and quiet.

**And Moses said to them, “Let no one leave  
any of it over till the morning.”**

*Exodus 16:19 ESV*

A landscape with rolling hills and a line of trees under a purple and blue sky. The text is overlaid on this background.

**On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, he said to them, “This is what the Lord has commanded: ‘Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.’”**

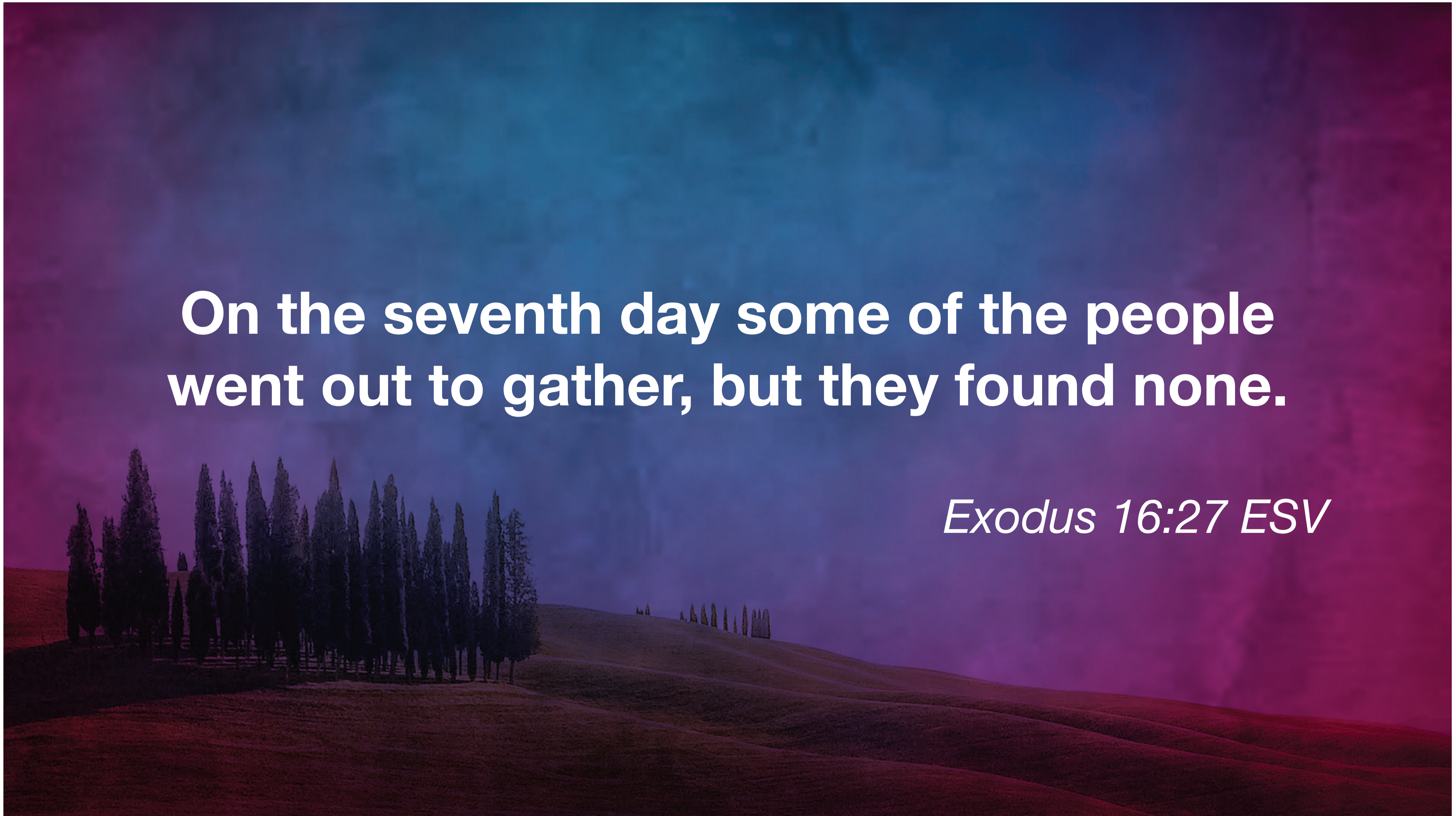
A landscape with rolling hills and a line of trees under a purple and blue sky. The text is overlaid on the image.

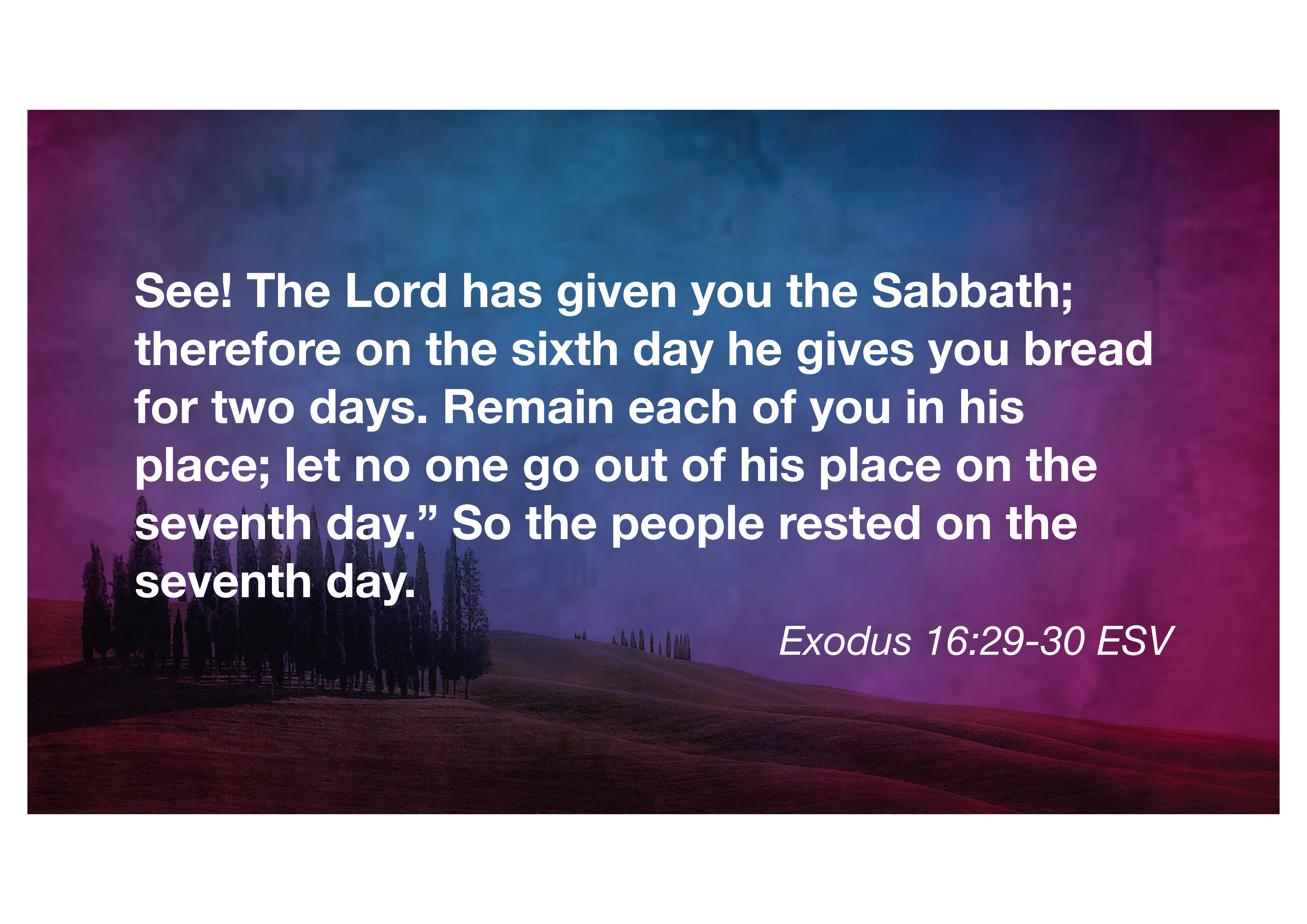
**So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. Moses said, “Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none.”**

*Exodus 16:22-26 ESV*

**On the seventh day some of the people  
went out to gather, but they found none.**

*Exodus 16:27 ESV*



A landscape with rolling hills and a line of tall, thin trees under a purple and blue sky. The text is overlaid on the upper portion of the image.

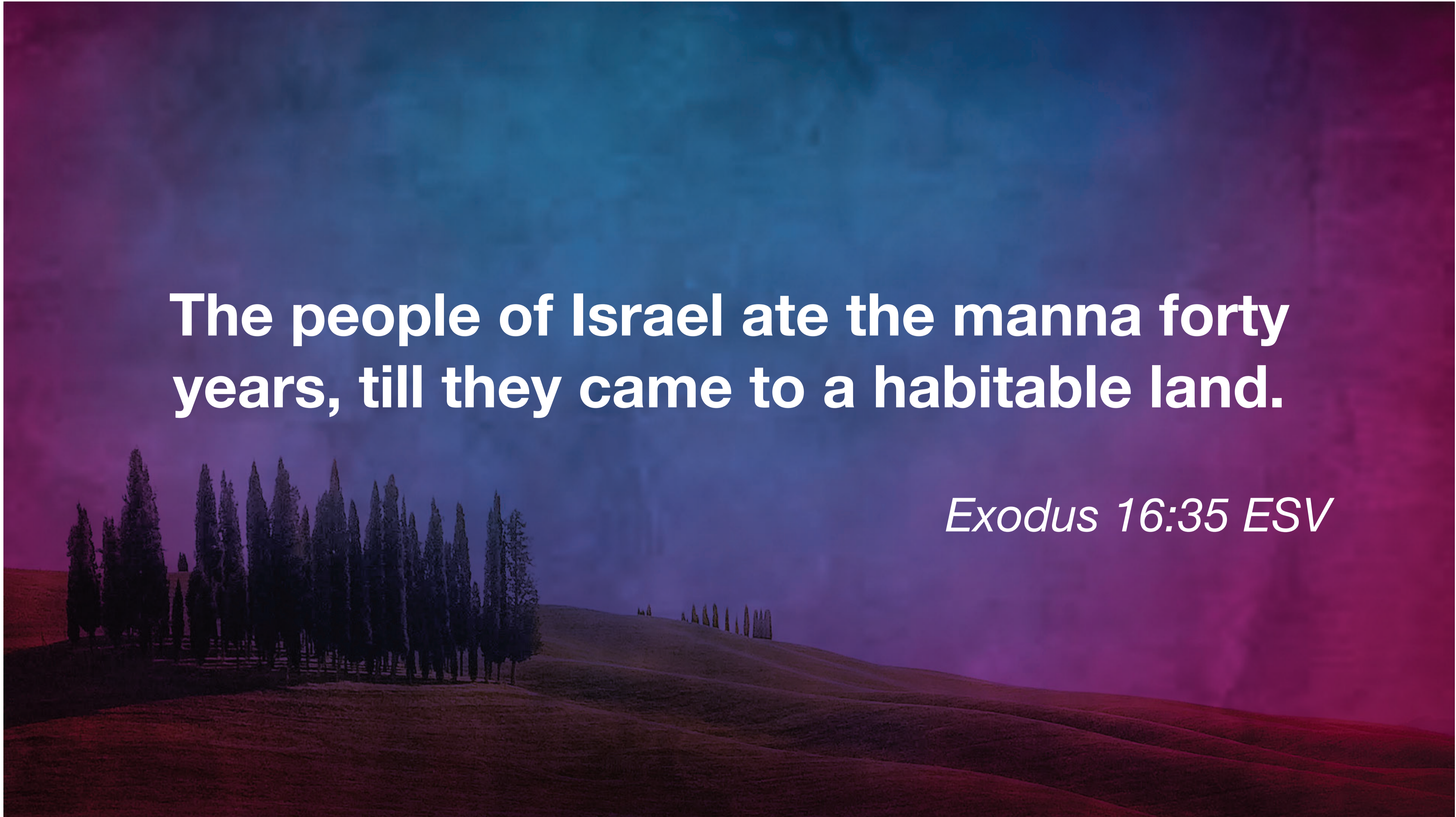
**See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.” So the people rested on the seventh day.**

*Exodus 16:29-30 ESV*



**The people of Israel ate the manna forty years, till they came to a habitable land.**

*Exodus 16:35 ESV*



## 2. Remembrance of God's Provision

**You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.**

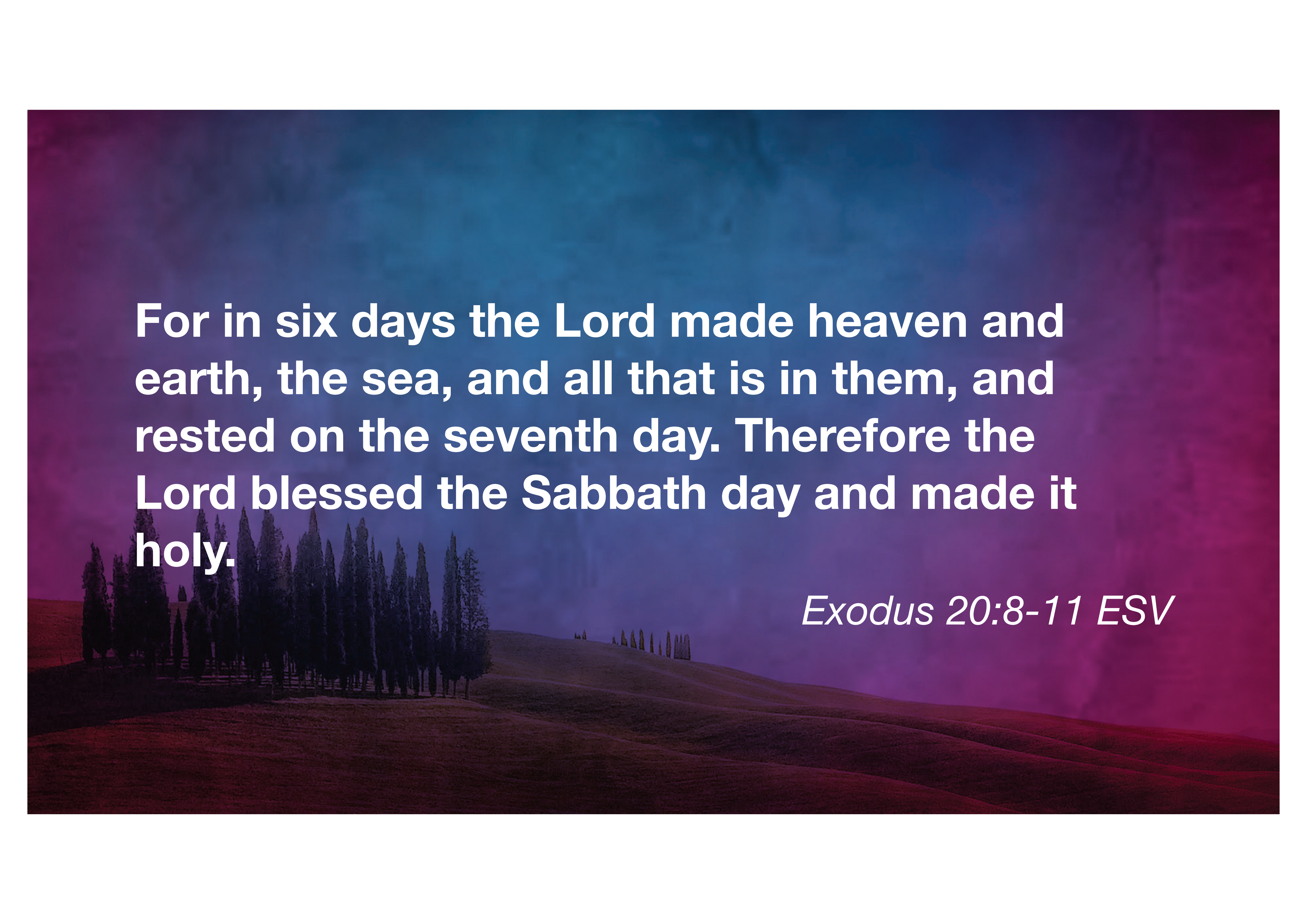
*Deuteronomy 5:15 ESV*



Truett Cathy & Chick-Fil-A


### **3. Being Set Apart for God's Purposes**

**“Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.**

A landscape photograph featuring rolling hills in the foreground and a line of tall, thin, dark trees in the middle ground. The sky is a gradient of blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

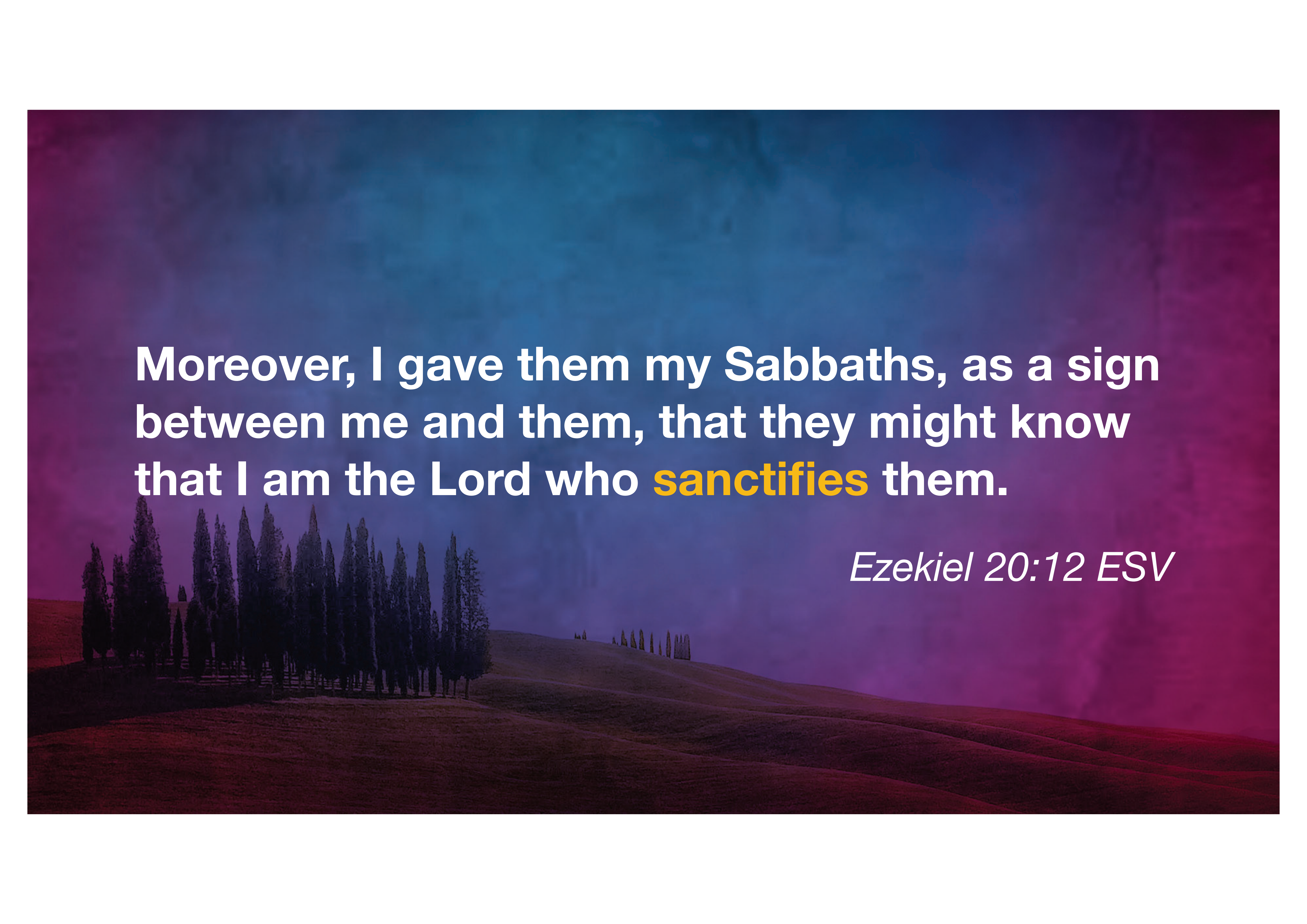
**For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.**

*Exodus 20:8-11 ESV*



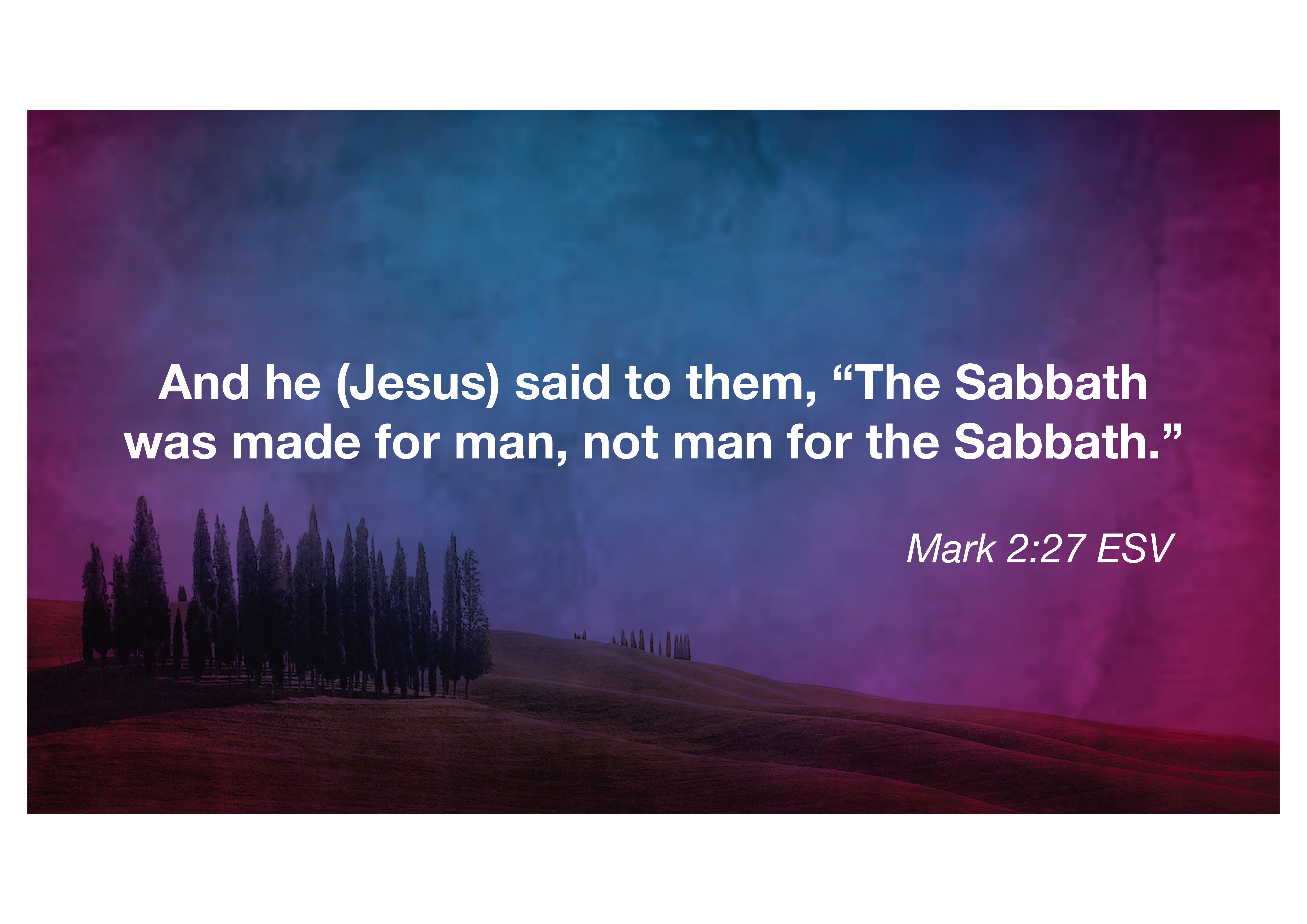
You are to speak to the people of Israel and say, “Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, **sanctify** you.”

*Exodus 31:13 ESV*

A landscape photograph featuring rolling hills in the foreground and a line of tall, thin, dark trees in the middle ground. The sky is a gradient of blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

Moreover, I gave them my Sabbaths, as a sign between me and them, that they might know that I am the Lord who **sanctifies** them.

*Ezekiel 20:12 ESV*

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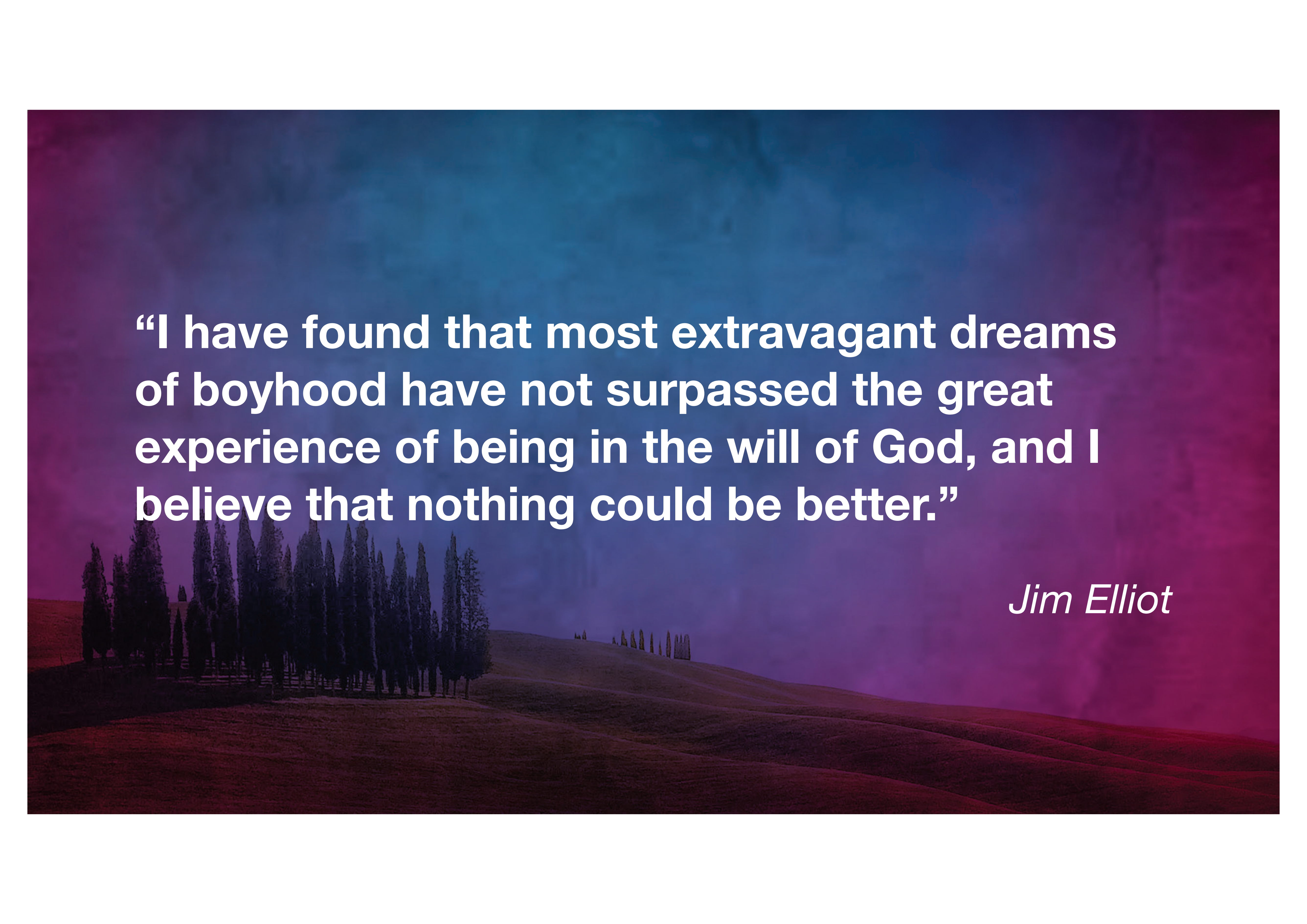
**And he (Jesus) said to them, “The Sabbath was made for man, not man for the Sabbath.”**

*Mark 2:27 ESV*



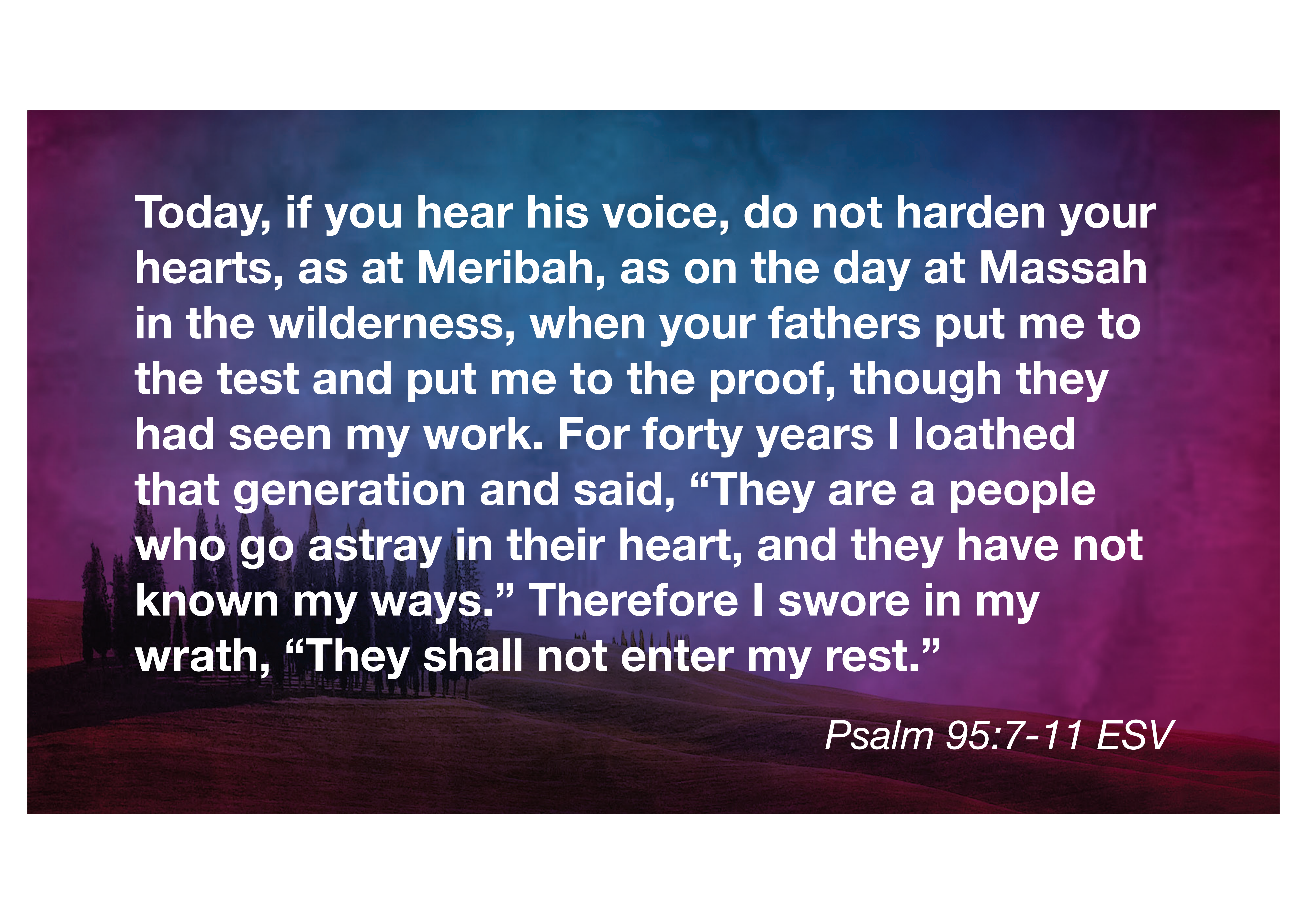


*Pete Fleming and Ed McCully with Jim Elliot  
Mission Aviation Fellowship*

A landscape photograph showing rolling hills in the foreground and middle ground. A line of tall, thin, dark trees stands on a ridge in the middle ground. The sky is a gradient of blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

**“I have found that most extravagant dreams of boyhood have not surpassed the great experience of being in the will of God, and I believe that nothing could be better.”**

*Jim Elliot*

A landscape with rolling hills and a line of trees under a purple and blue sky. The text is overlaid on this background.

**Today, if you hear his voice, do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers put me to the test and put me to the proof, though they had seen my work. For forty years I loathed that generation and said, “They are a people who go astray in their heart, and they have not known my ways.” Therefore I swore in my wrath, “They shall not enter my rest.”**

*Psalm 95:7-11 ESV*

# **Building the Foundation for A Rhythm With Rest:**

- **We are Created in the Image of God**
- **God Created us to be Creative**
- **Effective Rhythms are by God's Design**

## **Sabbath is About:**

- **Trust For God's Provision**
- **Remembrance of God's Provision**
- **Being Set Apart For God's Purposes**

*a* **RHYTHM** *with* **REST**

