

**Response and Reflection:**

**Principle 1:** Rest requires personal discipline.

**Principle 2:** Rest involves humble trust.

**Principle 3:** Rest includes elements of beauty and joy.

**Principle 4:** Rest is satisfied in completed work.

**Principle 5:** Rest is fully experienced with God.

**Principle 6:** Rest reminds us of \_\_\_\_\_.

**Principle 7:** Rest is a \_\_\_\_\_ of freedom.

**Principle 8:** Rest distinguishes us from the \_\_\_\_\_.

**Principle 9:** Rest allows for \_\_\_\_\_ on eternal matters.



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 of the Lord your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the Lord made the heavens and the 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**



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**Key Truth:** Sabbath tells the story of rest that includes \_\_\_\_\_, betrayal, redemption, \_\_\_\_\_, promises, and \_\_\_\_\_.

- Sabbath as a \_\_\_\_\_ (Exodus 20:8-11)
- Sabbath as a \_\_\_\_\_ (Exodus 31:12-17)

**Biblical Covenants and their corresponding signs:**

1. \_\_\_\_\_ Covenant (Genesis 9:11-17):  
Covenant sign: \_\_\_\_\_
2. \_\_\_\_\_ Covenant (Genesis 12:1-3, 15, 17; 17:9-10):  
Covenant sign: \_\_\_\_\_
3. \_\_\_\_\_ Covenant (Exodus 19-24; 31:13):  
Covenant sign: \_\_\_\_\_
4. \_\_\_\_\_ Covenant (2 Samuel 7:8-16):  
Covenant sign: \_\_\_\_\_
5. \_\_\_\_\_ Covenant (Jeremiah 31:31-34; Ezekiel 36:22-32; Hebrews 7:22, 9:15):  
Covenant signs: \_\_\_\_\_ and \_\_\_\_\_

- Sabbath as a \_\_\_\_\_ (Deuteronomy 5:12-15)
- Sabbath as a \_\_\_\_\_ (Exodus 33:14; Numbers 14:28-30)

Response and Reflection is on the back.