



**January 25, 2026**

Genesis 2:1-3 (NLT) - *So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

**Learning #1: God designed life with a pause button.**

**Learning #2: God desires for us to enjoy the Sabbath.**

Exodus 20:8-11 (NLT) - *Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.*

Luke 4:16 (NIV) - *He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.*

Mark 2:27 (NIV) - *The Sabbath was made for man, not man for the Sabbath.*

**Learning #3: Practicing Sabbath is an opportunity to trust.**

Exodus 16:4-5 (NLT) - *Then the Lord said to Moses, “Look, I’m going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions. On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual.*

Matthew 6:25-27 (NLT) - *That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?*

1 Peter 5:7 (NLT) - *Give all your worries and cares to God, for he cares about you.*