## Sabbath:

## Finding Rest in a Busy World Part Three: Sabbath Relationships

## Created for Relationship

## - Sabbath Relationships

- Finding <u>rest</u> through <u>relationships</u>

- 1. <u>Family</u>
  - <u>quality time</u>
  - <u>unplug</u>
- 2. <u>Play</u>
  - <u>recreation</u>
- 3. <u>Church</u>
  - <u>small groups</u>

When we practice Sabbath, we are <u>trusting</u> in <u>His Holiness</u>. We are <u>trusting</u> in <u>His Power</u>.

