



**SAGUARO CANYON**  
CHURCH

# SERMON NOTES

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**REST AREA:**  
**THE GIFT OF SABBATH**

Exodus 20:8-11

February 2, 2025

**BIG IDEA:** The Sabbath deepens our relationships with God and others.

## THE ESTABLISHMENT OF THE SABBATH

The Sabbath is rooted in creation.

It is a pattern and establishes a rhythm for our lives.

## THE PURPOSE OF THE SABBATH

Spiritual Renewal: The Sabbath is a time to draw near to God in worship.

Physical Restoration: God designed our bodies to need rest.

Emotional Recharging: The Sabbath fosters community and family.

## JESUS AND THE SABBATH

The Sabbath isn't about rigid rules but about meeting human needs.

The Sabbath points us to the ultimate rest we will experience in God's presence.