

- 1. What does it mean for you that the “Sabbath was created for mankind”?**
- 2. How do you observe your Sabbath?**
- 3. Do you take vacations or go on holiday? What is the difference for you?**
- 4. Do you engage in recreation or “re-creation”?**
- 5. What other ways do you allow God to “raise you up”?**



# **Theology of Re-creation**

***Sheri Clifton***



**“The Pastor will preach his farewell message after which the choir will sing, ‘Break Forth into Joy’.”**



**“Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.”**



**“The church will host an evening of fine dining, superb entertainment, and gracious hostility.”**





**“Potluck supper Sunday at 5pm. Prayer and medication to follow.”**



**“This evening at 7pm there will be a hymn sing in the park across from the Church. Bring a blanket and come prepared to sin.”**



**“For those of you who have children and don’t know it, we have a nursery downstairs.”**





**“Don’t let worry kill you –let the Church help.”**



## **Genesis 2:2–3**

**And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.**





### **Exodus 16:22-26**

**On the sixth day they gathered twice as much food, two omers apiece. 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 want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning.'" So they put it aside until morning, as Moses commanded them; and it did not become foul, 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 31:16–17**

**“Therefore the Israelites shall keep the sabbath, observing the sabbath throughout their generations, as a perpetual covenant. It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.”**





## **Psalm 127:2**

**It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.**



**Mark 2:27**

**Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath."**















DOING  
**NOTHING**  
OFTEN LEADS  
TO THE VERY  
BEST OF  
**SOMETHING.**

*Winnie the Pooh*







### **Philippians 4:4–7**

**Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**



WE DIDN'T REALISE WE WERE  
MAKING MEMORIES. WE JUST KNEW  
WE WERE HAVING FUN







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