

# Silver Creek Fellowship NOTES

August 30

## EXODUS REST FOR THE RESTLESS SOUL

*"Busyness isn't just a disordered schedule; it's a disordered heart." — John Ortberg*

*"Desire is infinite partly because we were made by God, made for God, made to need God, and made to run on God. We can be satisfied only by the one who is infinite... When we fall away from God, the desire for the infinite remains, but it is displaced upon things that will certainly lead to destruction." — Dallas Willard*

### MOVEMENT 1: The Sabbath blueprint (Exodus 31:12–17)

**Exodus 31:12-17 (ESV) The Sabbath** *"And the Lord said to Moses, 'You are to speak to the people of Israel and say, "Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you. You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. It is a sign forever between me and the people of Israel that in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed."'"*

**Genesis 2:1-3 (NIV)** *"Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."*

**Isaiah 40:28 (NIV)** *"Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom."*

### MOVEMENT 2: Slaves vs. sons (Breaking the Spirit of Pharaoh)

**Deuteronomy 5:15 (NIV)** *"Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day."*

*"When practiced, Sabbath-keeping is an active protest against a culture that is always on, always available, and always looking for something else to do." — Stephen Smith*