

THUS THE HEAVENS AND THE EARTH WERE FINISHED, AND ALL THE HOST OF THEM. AND ON THE SEVENTH DAY GOD FINISHED HIS WORK THAT HE HAD DONE, AND HE RESTED ON THE SEVENTH DAY FROM ALL HIS WORK THAT HE HAD DONE. SO GOD BLESSED THE SEVENTH DAY AND MADE IT HOLY, BECAUSE ON IT GOD RESTED FROM ALL HIS WORK THAT HE HAD DONE IN CREATION.

GENESIS 2:1-3

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

VOLUME III: REST



FORMATION

**THE SABBATH IS
BUILT INTO THE
RHYTHM OF
CREATION.**

FORMATION

AND ON THE SEVENTH DAY GOD FINISHED HIS
WORK THAT HE HAD DONE, AND HE RESTED ON
THE SEVENTH DAY FROM ALL HIS WORK THAT HE
HAD DONE.

GENESIS 2:2

FORMATION



FORMATION

**THE SABBATH IS
MEANT TO BE
NOTICEABLY
DIFFERENT.**

FORMATION

SO GOD BLESSED THE SEVENTH DAY AND **MADE IT HOLY**, BECAUSE ON IT GOD RESTED FROM ALL HIS WORK THAT HE HAD DONE IN CREATION.

GENESIS 2:3

FORMATION



FORMATION

**THE SABBATH IS
A DAY FOR
ENJOYMENT
AND WORSHIP.**

FORMATION

AND GOD SAW EVERYTHING THAT HE HAD MADE,
AND BEHOLD, IT WAS **VERY GOOD**. AND THERE
WAS EVENING AND THERE WAS MORNING, THE
SIXTH DAY.

GENESIS 1:31

FORMATION



FORMATION

EVERY GOOD AND PERFECT GIFT IS FROM ABOVE,
COMING DOWN FROM THE FATHER OF LIGHTS...

JAMES 1:17

FORMATION



FORMATION

**THE SABBATH IS A
REMINDER OF
WHO GOD IS.**

FORMATION

EVERY ONE OF YOU SHALL REVERE HIS MOTHER
AND HIS FATHER, AND YOU SHALL KEEP MY
SABBATHS: **I AM THE LORD YOUR GOD.**

LEVITICUS 19:3

FORMATION

YOU SHALL KEEP MY SABBATHS AND REVERENCE
MY SANCTUARY: **I AM THE LORD.**

LEVITICUS 19:30

FORMATION

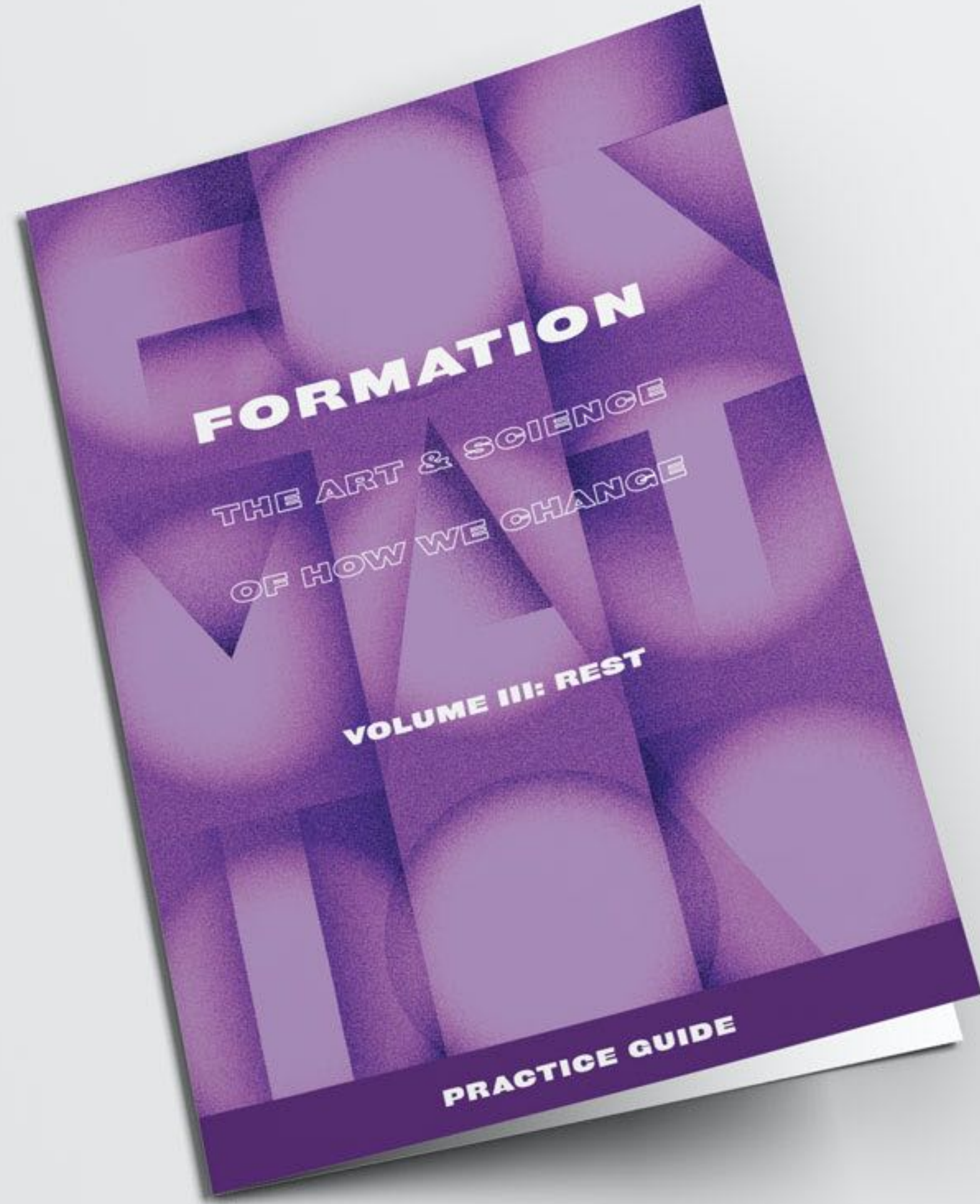
...AND KEEP MY SABBATHS HOLY THAT THEY MAY
BE A SIGN BETWEEN ME AND YOU, THAT YOU MAY
KNOW THAT **I AM THE LORD YOUR GOD.**'

EZEKIEL 20:20

FORMATION



FORMATION



Practice Guide
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