

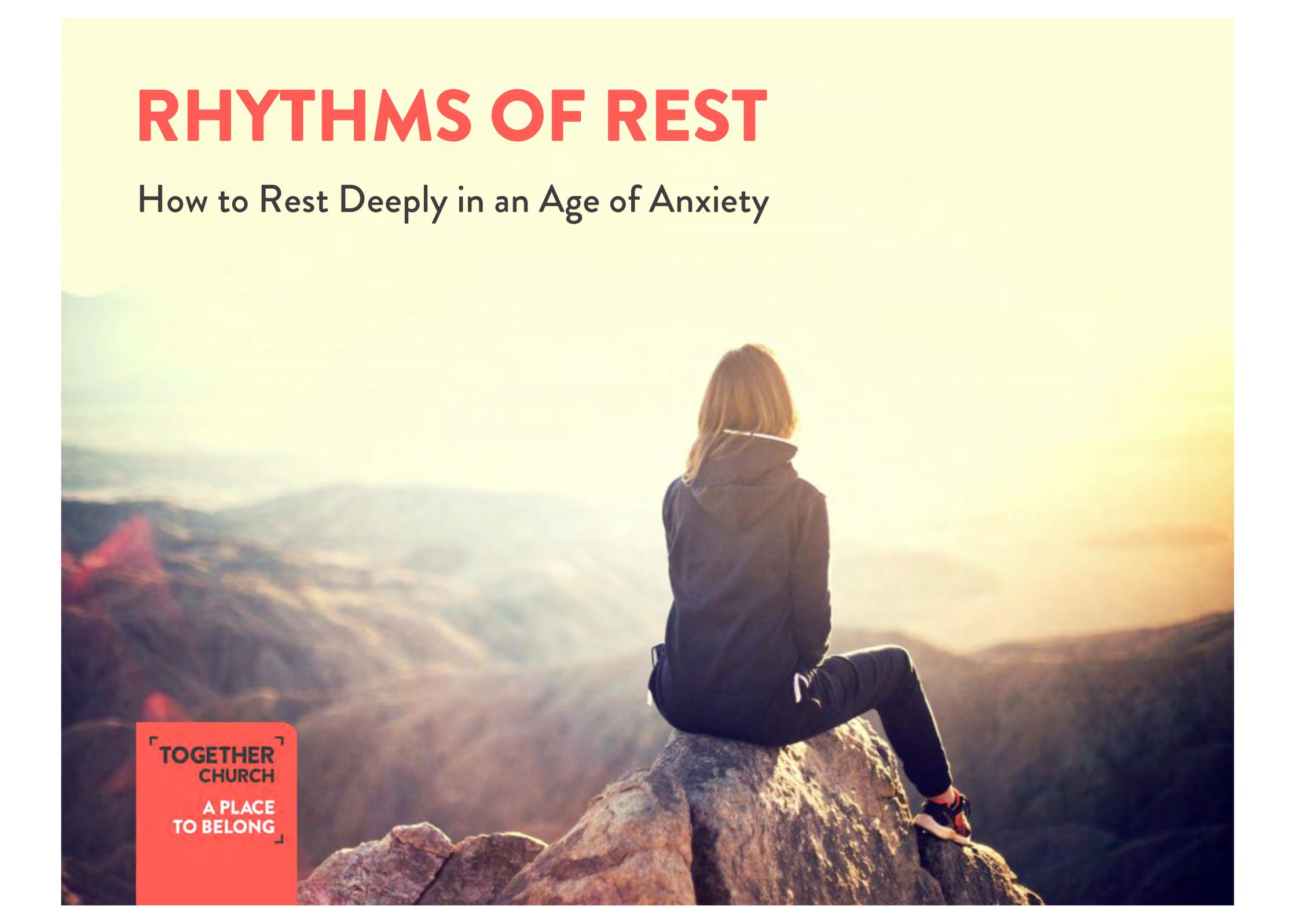


**「TOGETHER  
CHURCH**

**A PLACE  
TO BELONG**」

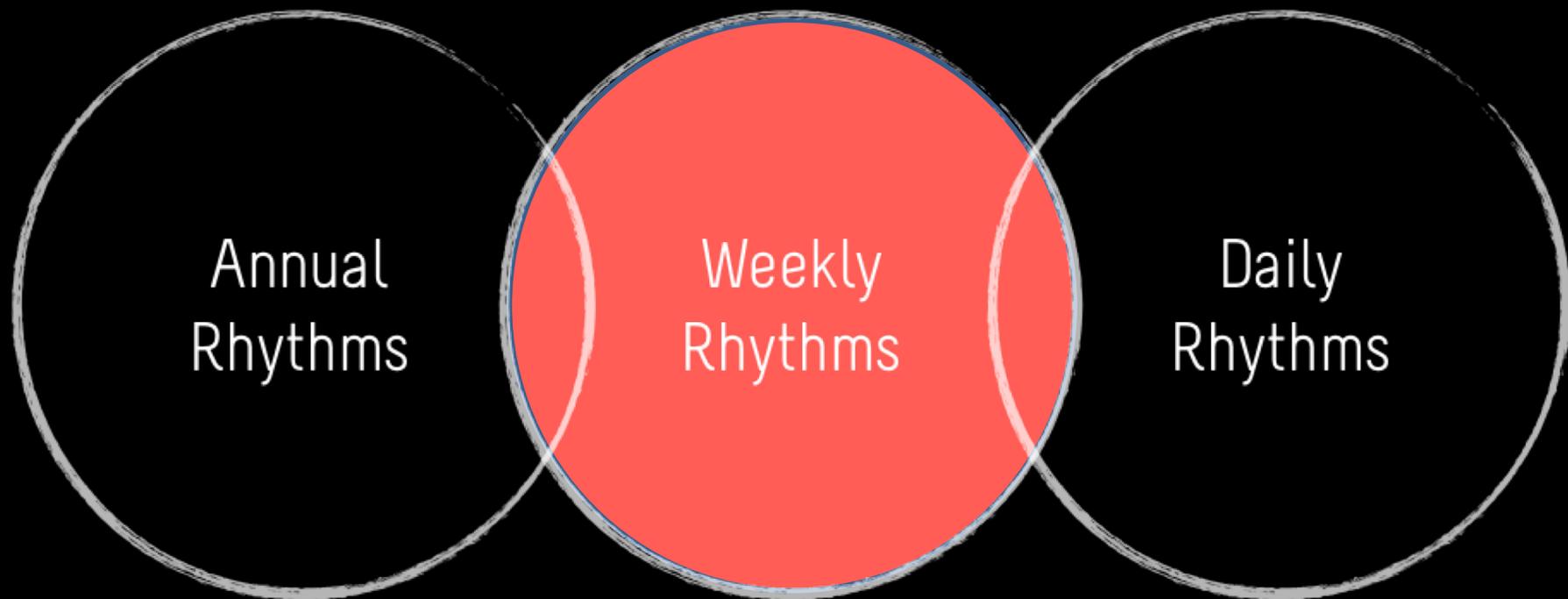
# RHYTHMS OF REST

How to Rest Deeply in an Age of Anxiety

A person with long hair, wearing a dark hoodie and pants, is sitting on a large rock on a mountain peak. They are looking out over a vast valley with rolling hills and mountains in the distance. The sky is a mix of soft yellow and orange, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

「TOGETHER  
CHURCH  
A PLACE  
TO BELONG」

# 3 PERSPECTIVES



Annual  
Rhythms

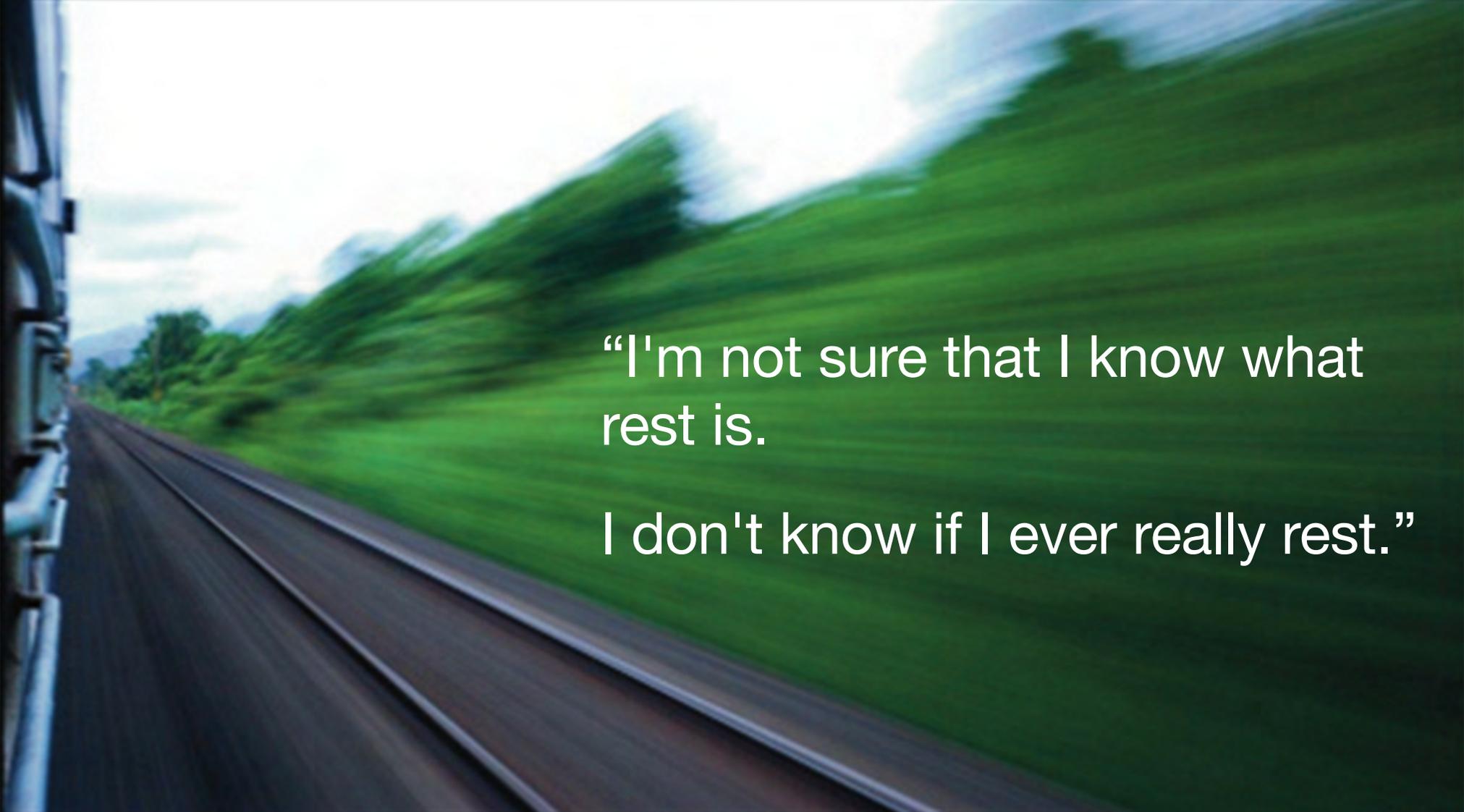
Weekly  
Rhythms

Daily  
Rhythms

# THE FREEDOM OF REST

Discovering The Heart of the Sabbath

「**TOGETHER**  
**CHURCH**  
A PLACE  
TO BELONG」

A blurred view from a train window showing a green landscape and tracks. The image is motion-blurred, suggesting the train is moving quickly. The tracks are visible on the left side, and the green landscape is on the right. The sky is visible in the background.

“I'm not sure that I know what  
rest is.

I don't know if I ever really rest.”



“One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”

“Then he said to them,

“The Sabbath was made for man, not man  
for the Sabbath.”

“So the Son of Man is Lord even of the  
Sabbath.””

Mark 2: 23-27

**G**



**F**

“Remember the Sabbath day by  
keeping it holy.”

“The Sabbath was made for man,  
not man for the Sabbath.”

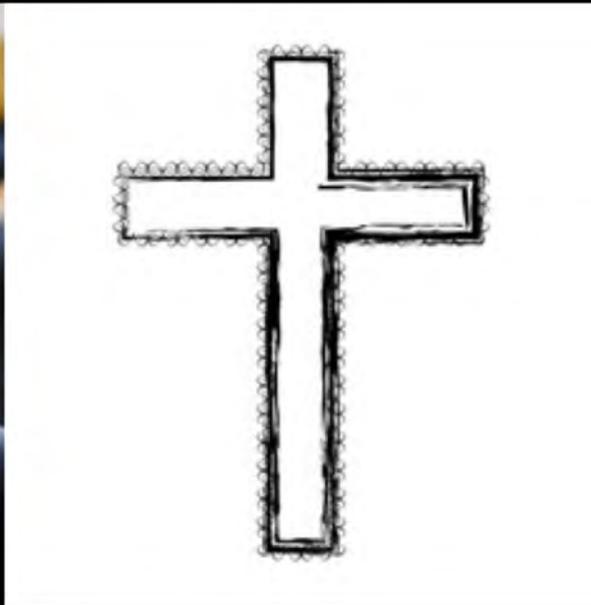


“... not man for the Sabbath.”



“The Sabbath was made for man!”





0

1

2

3

4

5

6

7

8

9

10

Legalism

Life of Rest

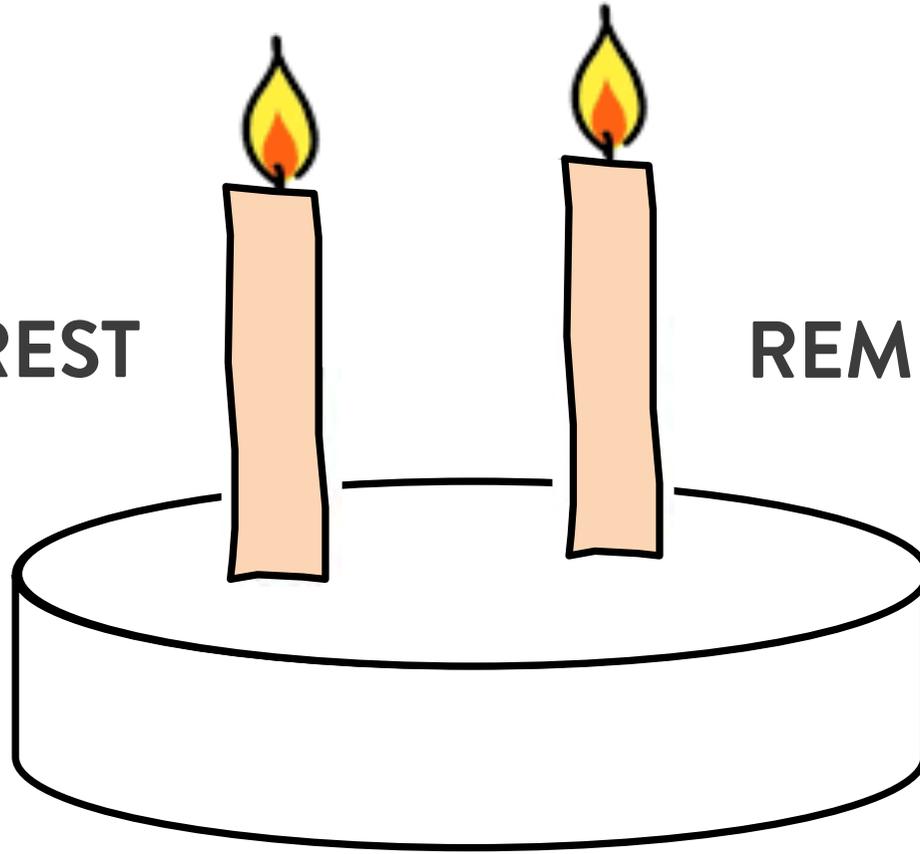
License

# HOW TO DESIGN A SABBATH REST

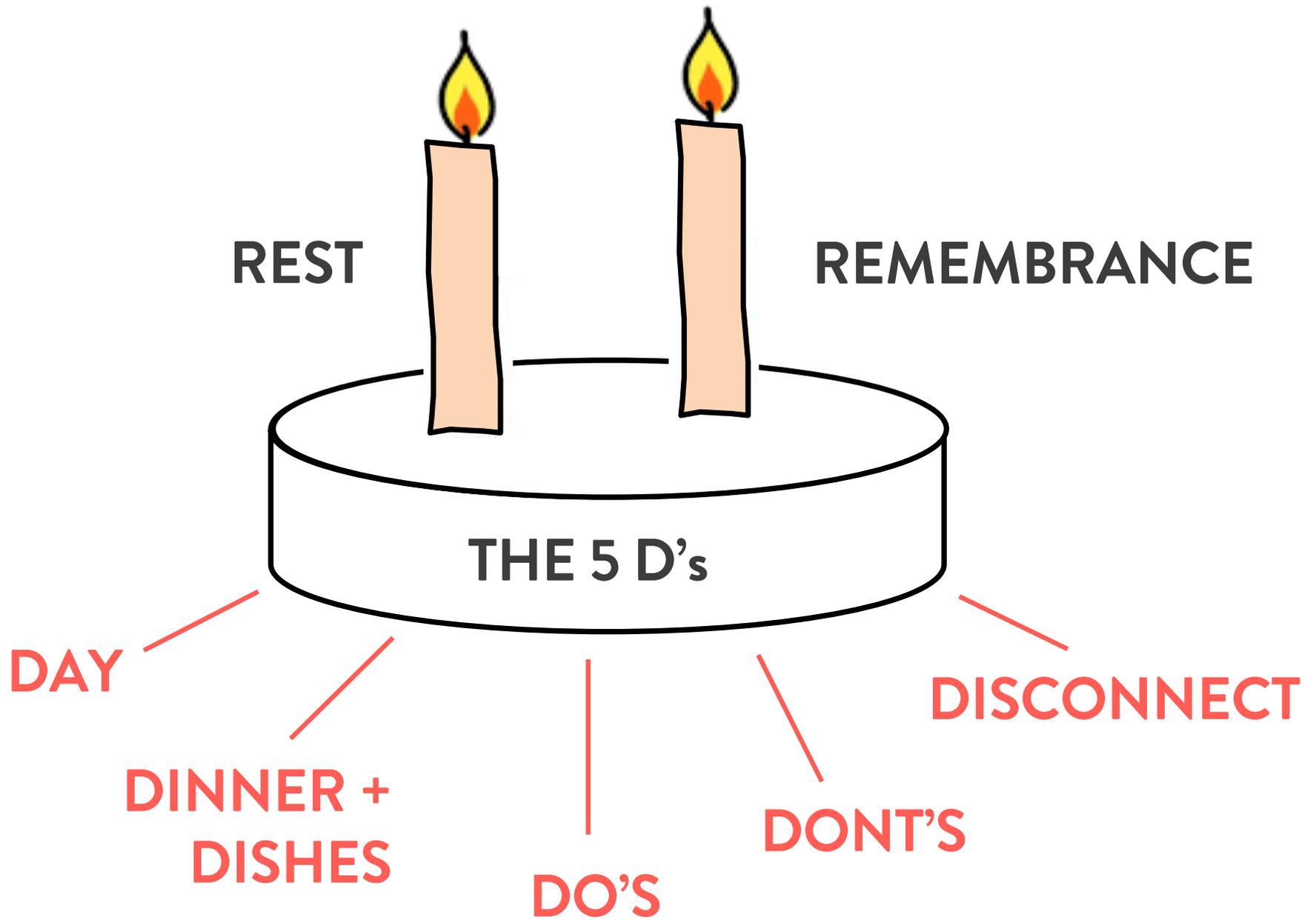
Sunday 2<sup>nd</sup> May @ 3pm

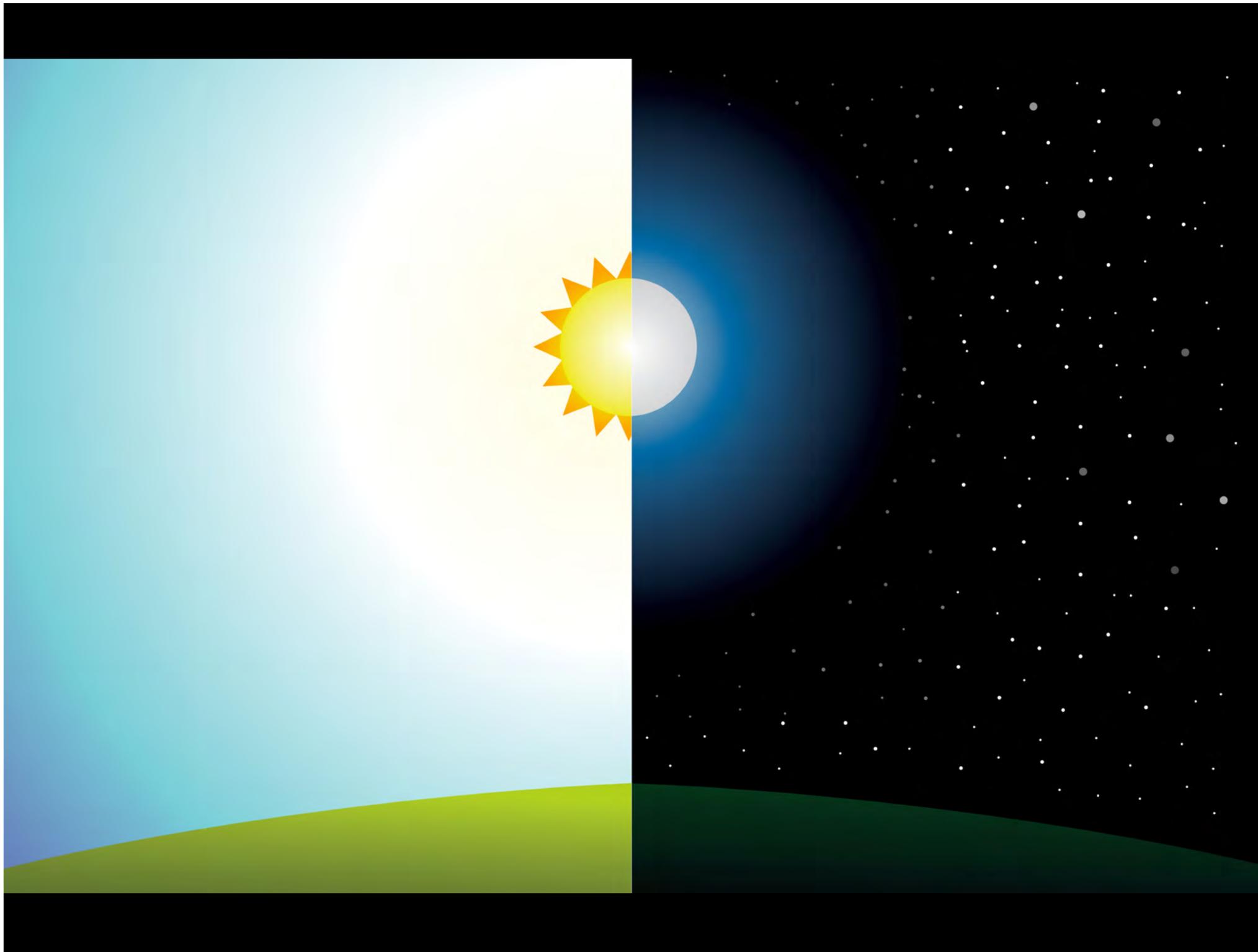
「**TOGETHER**  
CHURCH  
A PLACE  
TO BELONG」

**REST**



**REMEMBRANCE**





“For the Jewish people, the Sabbath began Friday evening and continued into Saturday afternoon, but today many followers of Jesus observe the Sabbath on Sunday. There aren’t any rules anchoring the Sabbath to a specific day of the week, we each experiment to find what works best with our lives and schedules.”

John Mark Comer

1. Traditional Sabbath:

Friday night to Saturday afternoon

2. Sunday Sabbath:

All day Sunday, including church gathering

3. TC Sabbath:

Saturday night to Sunday afternoon, ending with Together Church service

# THE FREEDOM OF REST

Discovering The Heart of the Sabbath

「**TOGETHER**  
**CHURCH**  
A PLACE  
TO BELONG」

“There is no better point of entry to the religious experience than the Sabbath, for all its apparent ordinariness. Because of its ordinariness. The extraordinariness of the Sabbath lies in its being commonplace.”

Judith Shulevitz

“So the Son of Man is Lord even of the Sabbath.”

Mark 2: 27

