

A sepia-toned photograph of a cluttered antique shop. The shop is filled with various items, including birdhouses, lanterns, metalware, and decorative objects. The items are arranged on shelves, tables, and hanging from the ceiling. The overall atmosphere is one of a well-stocked, somewhat chaotic antique store. The text "Messy Life" is overlaid in the center in a white, serif font.

Messy Life

7 Give all your worries and cares to God, for he cares about you.

1 Peter 5:7 NLT



⁶ Don't worry about anything; instead, pray about everything.
Tell God what you need, and thank him for all he has done. ⁷
Then you will experience God's peace, which exceeds anything
we can understand. His peace will guard your hearts and minds
as you live in Christ Jesus.

Philippians 4:6-8 NLT



⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:6-8 NLT



Sabbath



Sabbath = Resistance



In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by production and commodity goods

Walter Brueggemann

Sabbath as Resistance: Saying No to the Culture of Now



The Four Rhythms of Sabbath



The Four Rhythms of Sabbath

1. Stop



The Four Rhythms of Sabbath

1. Stop
2. Rest



The Four Rhythms of Sabbath

1. Stop
2. Rest
3. Delight



The Four Rhythms of Sabbath

1. Stop
2. Rest
3. Delight
4. Worship



The Four Rhythms of Sabbath

1. Stop
2. Rest
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4. Worship

Sabbath is a *gift* of *grace* from God

