

**Genesis 2. 2-3**

New International Version (NIV)

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 creation that he had done.

**Exodus 33:14-16**

New International Version (NIV)

**14** The Lord replied, "My Presence will go with you, and I will give you rest."

**15** Then Moses said to him, "If your Presence does not go with us, do not send us up from here. **16** How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?"

**Matthew 11:28-30**

New International Version (NIV)

**28** "Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light."



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# MY SABBATH

Choose one or more things as you design your Sabbath for September.

I will rest by taking a break from:

- Social Media  Emails
- T.V.  Video Games

Other:

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I will enjoy God's creation by:

- Taking a walk/hike
- Creating Art
- Sharing a meal
- Spending time with family
- Spending time with friends

Other:

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HARTFORD CITY CHURCH

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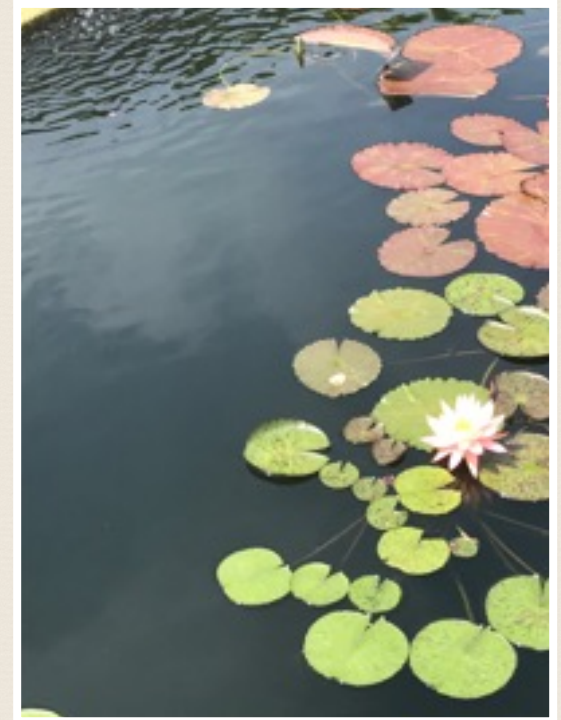
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# SEPTEMBER SABBATH

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Join us in an all church practice of Sabbath for the month of September.

We will observe Sabbath from Saturday at sundown to Sunday at sundown





*A Word from the Pastor...*

I am inviting our whole church to spend the month of September practicing Sabbath. From sunset on Saturday to sunset on Sunday we will take a break from our work. We will engage in practices of prayer, rest, reflection, and enjoyment. We will begin and end with prayer. Sunday morning worship will form a key centerpiece to our Sabbath practice. I encourage everyone to attend church every week. Use the guide provided on the back to set your own Sabbath practices. I also encourage you to keep a journal of your experiences this month. Let's seek the LORD's presence together this month by resting in Christ and enjoying the world that has been created for us!

~ Pastor Phillip Beatty

# SABBATH PRAYERS



## SATURDAY EVENING

Almighty Father, maker of heaven and earth,  
I take time to rest  
May I learn to trust you by leaving things undone for 24 hours.  
Thank you for my life, my relationships, and for this world you created.  
I worship you by enjoying your creation during this Sabbath, Amen.

*Read Psalm 131*  
*Other Scriptures God brings to you:*

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## SUNDAY MORNING

Jesus Christ, I worship you today in Spirit and in Truth. By choosing to worship with your people on Sunday morning, I am intentionally putting you first in my life. May you be glorified in everything I do and say. May the praise we offer to you set our neighbors free, push back the darkness, and bring your kingdom values. Amen

*Read Acts 13. 25-24*  
*Other Scriptures God brings to you:*

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## SUNDAY EVENING

Holy Spirit of God, remind me of the teachings of Christ, Convict, forgive, and heal me,  
Breathe the very presence of God into my life,  
I thank you for the gifts of rest and joy.  
Help me to recognize your presence and listen to your voice as I enter into the good work which you have prepared in advance for me to do. Amen

*Read Ephesians 2:1-10*  
*Other Scriptures God brings to you:*

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