



## Sermon Notes – Steve Southards – 04/28/2024

### ***Hebrews 6:18-19 NLT***

Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

### **Shift from a “Daily Devotion” to a “Daily Office”**

### ***Daniel 6:10 NLT***

...he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

### **Stop to focus on God**

### **Centering your Head and Heart on God**

### ***Psalms 46:10 NLT***

“Be still, and know that I am God!”

### **Silence**

### **Scripture**

### **Shift from Sabbath as a suggestion to Sabbath as a commandment**

### ***Exodus 20:8-10 NLT***

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.”

**Stop**

**Rest**

*Psalm 23:1-3 NLT*

The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.

**Delight in God's goodness**

**John Mark Comer**

“What I really need is time to enjoy what I already have, with God.”

**Contemplate**

**Walter Brueggemann**

“People who keep sabbath live all seven days differently.”