

## **GOD'S GRACIOUS HEART OF PAUSE**

Mike Howerton - Lead Pastor

### **Selah is a practice \_\_\_\_\_**

*I cried to the Lord with my voice, And He heard me from His holy hill. Selah.*  
**Psalm 3:4 NKJV**

*Come to me, all you who are weary and burdened, and I will give you rest.*  
**Matthew 11:28 NIV**

### **Sabbath is a practice \_\_\_\_\_**

*Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to GOD, your God. Don't do any work...Exodus 20:8 Message*

*They must realize that the Sabbath is the LORD's gift to you. Exodus 16:29a NLT*

*Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed. Exodus 23:12 NIV*

*"For the Son of Man is Lord, even over the Sabbath!" Then Jesus went over to their synagogue, where he noticed a man with a deformed hand. The Pharisees asked Jesus, "Does the law permit a person to work by healing on the Sabbath?" (They were hoping he would say yes, so they could bring charges against him.) And he answered, "If you had a sheep that fell into a well on the Sabbath, wouldn't you work to pull it out? Of course you would. And how much more valuable is a person than a sheep! Yes, the law permits a person to do good on the Sabbath." Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored, just like the other one! Then the Pharisees called a meeting to plot how to kill Jesus. Matthew 12:8-14 NLT*

### **Sabbath year is about \_\_\_\_\_**

*"For six years you are to sow your fields and harvest the crops, but during the seventh year let the land lie unplowed and unused. Then the poor among your people may get food from it, and the wild animals may eat what is left. Do the same with your vineyard and your olive grove. Exodus 23:10-11 NIV*

*“Give the following instructions to the people of Israel. When you have entered the land I am giving you, the land itself must observe a Sabbath rest before the LORD every seventh year. Leviticus 25:2 NLT*

## **Jubilee embraces \_\_\_\_\_**

*“In addition, you must count off seven Sabbath years, seven sets of seven years, adding up to forty-nine years in all. Then on the Day of Atonement in the fiftieth year, blow the ram’s horn loud and long throughout the land. Set this year apart as holy, a time to proclaim freedom throughout the land for all who live there. It will be a jubilee year for you, when each of you may return to the land that belonged to your ancestors and return to your own clan. This fiftieth year will be a jubilee for you. During that year you must not plant your fields or store away any of the crops that grow on their own, and don’t gather the grapes from your unpruned vines. It will be a jubilee year for you, and you must keep it holy. But you may eat whatever the land produces on its own. In the Year of Jubilee each of you may return to the land that belonged to your ancestors. Leviticus 25:8-13 NLT*