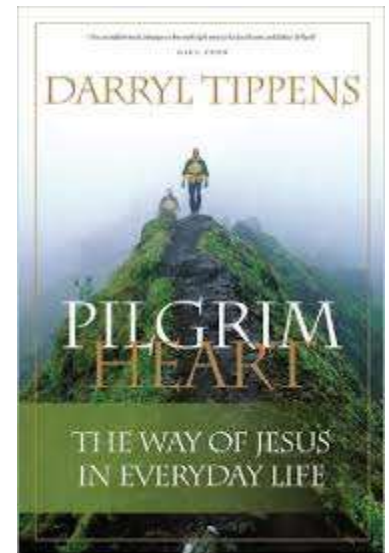


Pilgrim Heart— The Way of Jesus in Everyday Life

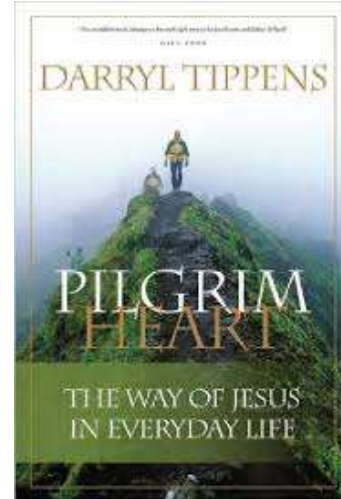


September 30—

**Resting: The Joy of Sabbath Blessings
(Mark 2:27-28)**

Resting: The Joy of Sabbath Blessings

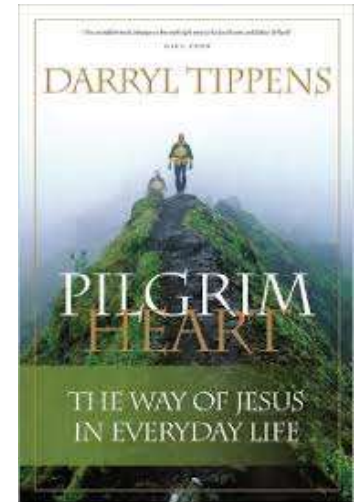
Introduction



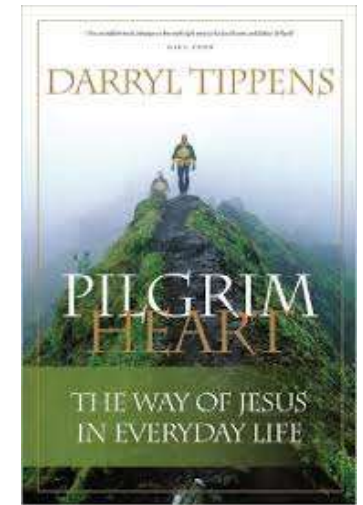
- Pilgrim Heart—Have a heart like Jesus
- Ecclesiastes 3:1; George MacDonald
- Difference between hiking and “sanctified strolling.”

Resting: The Joy of Sabbath Blessings

- **Not Burdensome**
- **Beatitude for our time**
- **3 Movements to Spiritual life**



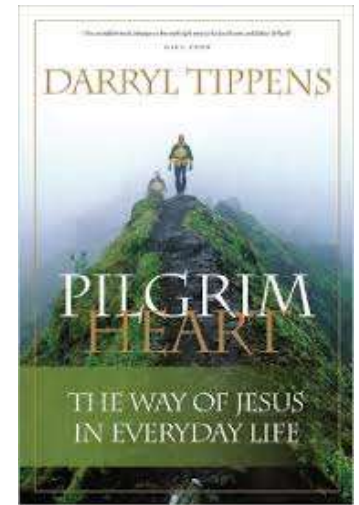
Resting: The Joy of Sabbath Blessings



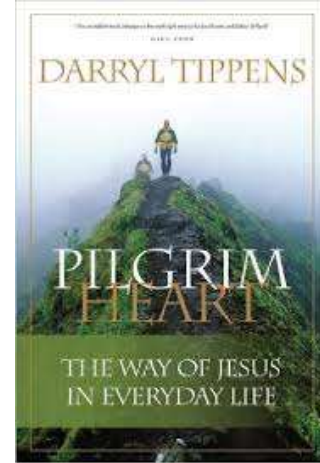
- **Rest inherent in God-like activity**
- **Another beatitude for our time**
- **History of our hymnody**

Resting: The Joy of Sabbath Blessings

- **Jesus' practice of silence & solitude**
- **More Scriptures & insights**
- **John's spiritual legacy**



Conclusion



- **“The Great Blessing of a Sabbath understanding of life is that it can deliver us from the imprisonment of ‘salvation by work.’”**
- **Happy are those who drive in the slow lane, for they will arrive in peace (or in one piece).**
- **Mark 6:31** —**come away and rest awhile**