

# Stop What you are Doing

*Just how much do you really  
trust God?*

# Exodus 20:8 - 11

- This did not start with the 10 Commandments
  - Genesis 2:2
  - Exodus 16:23
- Could you do it today?
  - Have Christians ever done it?

# Leviticus 25

- It goes further:
  - Every seventh year (1 – 7) ;
  - After seven sabbath years;
  - The year of Jubilee makes 2 years in a row of rest
- Would you be bored?

- Is the Sabbath more about rest or about trust?
- We would have trouble stopping everything for a whole day
  - Imagine a whole year
  - Or two in a row

# So, what's the point?

Psalm 37:25 “I was young and now I am old,  
yet I have never seen the righteous  
forsaken or their children begging bread”

Romans 15:13 “May the God of hope fill you  
with all joy and peace as you trust in him,  
so that you may overflow with hope...”