

Empowered By His Presence Empowered By Sabbath and Rest

1) Lessons from the Ancient Israel ([Manna](#) and [Maggots](#))

God will provide in [miraculous](#) ways when we are [faithful](#) to follow His wise plan of [Sabbath](#)!

What is the heart of Sabbath?

2) Lessons from Elijah (A [Nap](#) and a [Snack](#))

Sometimes, what God's kids need is just a little [rest](#) and some [nourishment](#).

Your [Good Shepherd](#) invites you to [rest](#)!

Key Passages: Exodus 16; 1 Kings 19; Psalm 127; Matthew 11; Psalm 23