
Jesus leads us into a Sabbath that brings delight to our souls and blessings to others.

**Paradigm Shifts** – Luke 5:37-39

- Luke 5:34 “…the bridegroom is with them”
  1. Life Under God’s Law
  2. Life With God’s Son
    - Luke 5:8


1. The Sabbath is your “Day of rest”
   - Genesis 2:2-3

2. The Sabbath is God’s interruption to boring routines

3. The Sabbath is God’s feast for you to worship with others

4. The Sabbath is your delight in the Lord
   - Isaiah 58:13-14

**Restoring Others Through Our Kindness** – Luke 6:6-10

**Old and New Wine Skins** – Luke 6:11-16

Questions: Which paradigm have you been living under? What do you want most from your Sabbath? What needs to change internally or externally to find your delight in the Lord?