



# Reclaiming Rest

Sunday 23<sup>rd</sup> June 2024

# getting to **yes**

UNABRIDGED  
Read by  
Dennis Boutsikaris



negotiating an  
agreement without  
giving in

**ROGER FISHER & WILLIAM URY**  
and for the revised editions Bruce Patton





1) God's plan for rest



'Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God.

On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Deuteronomy 5:12-15



'Remember the Sabbath day by keeping it holy.

Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God.

On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

**For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.**

Exodus 20:8-11



Caterham  
BAPTIST CHURCH



By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:1-3

Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, 'Who will roll the stone away from the entrance of the tomb?'

Mark 16:2-3



On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight. Acts 20:7

On the first day of every week, each one of you should set aside a sum of money in keeping with your income, saving it up, so that when I come no collections will have to be made. 1 Cor 16:2

On the Lord's Day I was in the Spirit, and I heard behind me a loud voice like a trumpet Rev 1:10



- 1) God's plan for rest
- 2) Your plan for rest





CLOSED