



Forecast: Snow Days

Including Sabbath in the New Year

Forecast: Snow Days

- Receive Sabbath as a command and a gift



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- Receive Sabbath as a command and a gift
- Include Sabbath ingredients



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- Receive Sabbath as a command and a gift
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 - Stop



- “The world continues working fine when I stop... We stop on Sabbath because God is on the throne, assuring us the world will not fall apart if we cease our activities... God is at work taking care of the universe. He manages quite well without us having to run things... The core spiritual issue in stopping revolves around trust. Will God take care of us and our concerns if we obey him by stopping to keep the Sabbath?”

Peter Scazzero, Emotionally Healthy Spirituality

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 - Rest



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 - Stop
 - Rest
 - Delight



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- Receive Sabbath as a command and a gift
- Include Sabbath ingredients
 - Stop
 - Rest
 - Delight
 - Contemplate

