

THE WELL

CULTIVATING LIFE AND FAITH
FROM A DEEPER SOURCE

CURRENT SUNDAY SERIES

The background of the image is a close-up, high-resolution shot of dark blue water. The surface is covered in a dense pattern of small, concentric ripples and waves, creating a textured, shimmering effect. The lighting is soft, highlighting the crests of the ripples and casting subtle shadows in the troughs, which adds depth to the visual. The overall color palette is a range of blues, from deep navy to slightly lighter, tealish tones where the light catches the water's surface.

SABBATH

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Embedded in Creation

Thus the heavens and the earth were **completed** in all their vast array.

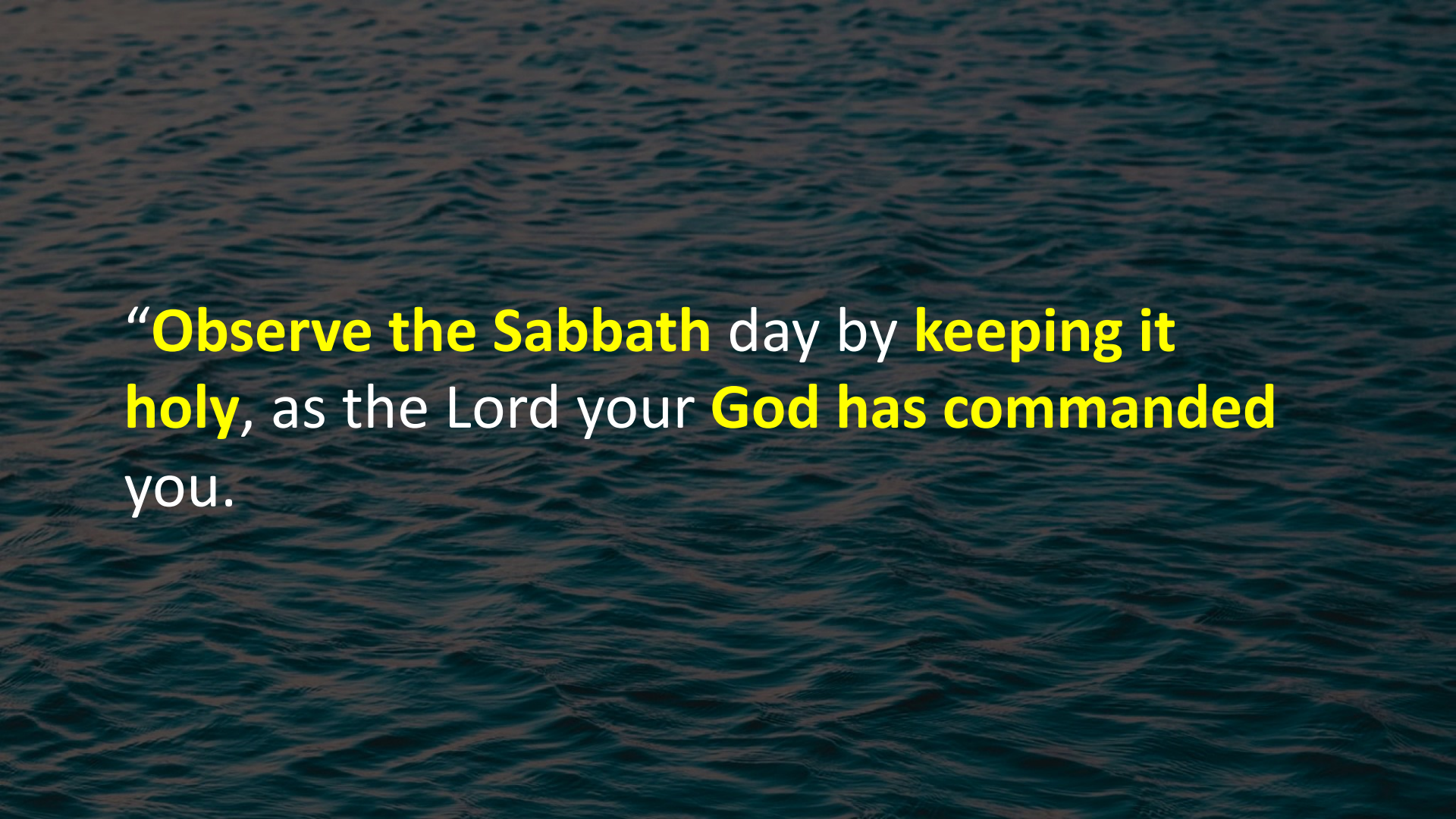
² By the seventh day **God had finished the work** he had been doing; so **on the seventh day he rested from all his work.** ³ Then God blessed the seventh day and **made it holy**, because **on it he rested** from all the work of creating that he had done.

Genesis 2:1-3

SABBATH = “to stop”



Embedded in Israel's Life

The background of the image is a close-up, high-resolution shot of dark blue water. The surface is covered in fine, rhythmic ripples that catch the light, creating a textured, shimmering effect. The overall tone is deep and moody, with varying shades of navy blue and indigo.

“Observe the Sabbath day by **keeping it holy**, as the Lord your **God has commanded** you.

¹³ Six days you shall labor and do all your work, ¹⁴ 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.**

¹⁵ **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

*Sabbath keeping honors
the body's need for rest,
the spirit's need for replenishment,
and the soul's need to delight itself in
God for God's own sake.*

Ruth Haley Barton

→ **ASSIMILATE** into a culture of
busyness, hurry, and overload

→ God becomes **MARGINLIZED**...

→ **DETERIORATING** relationship with
God

→ **VULNERABLE** to adopt cultural
assumptions

→ **INCREASED CONFORMITY**...

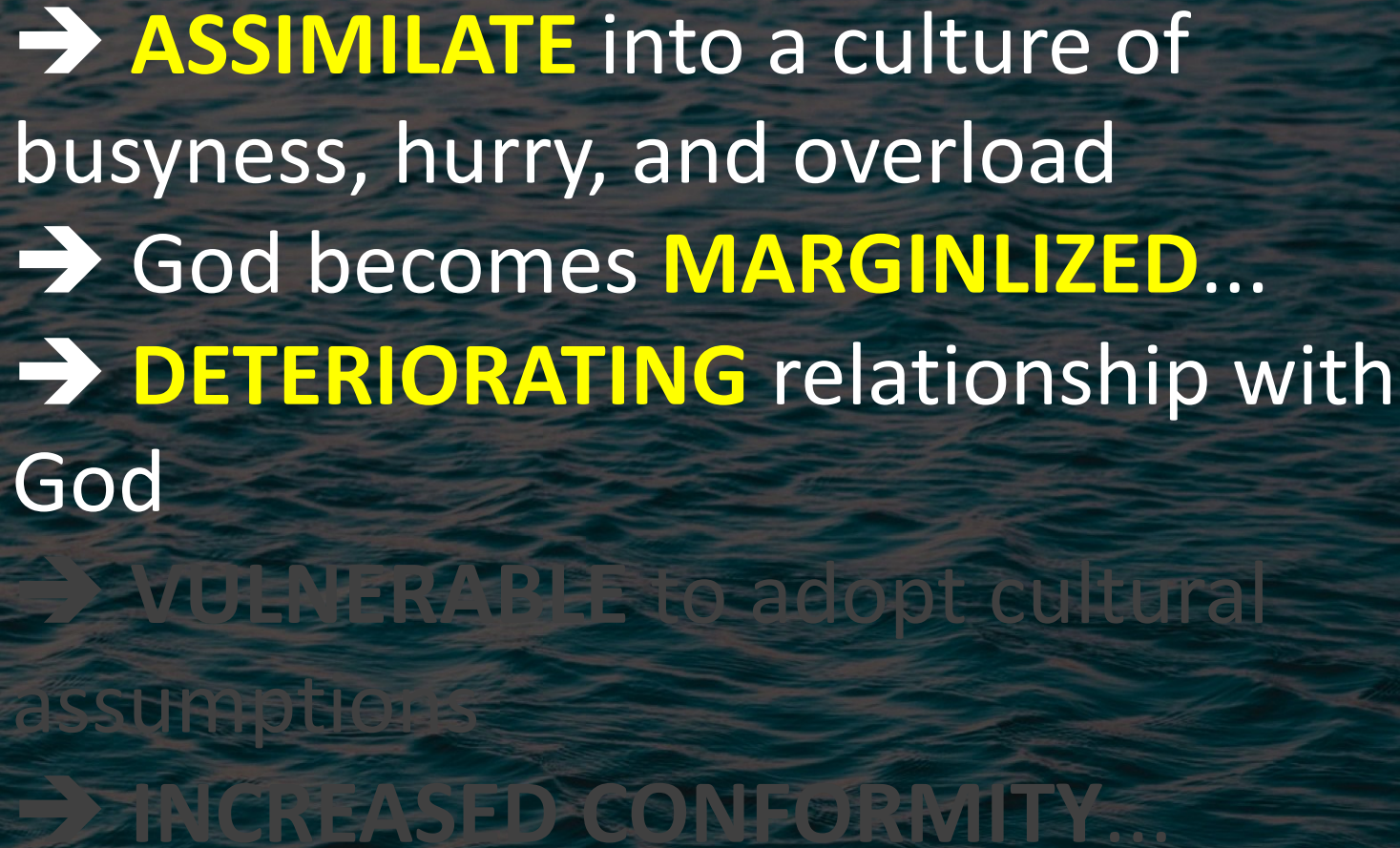
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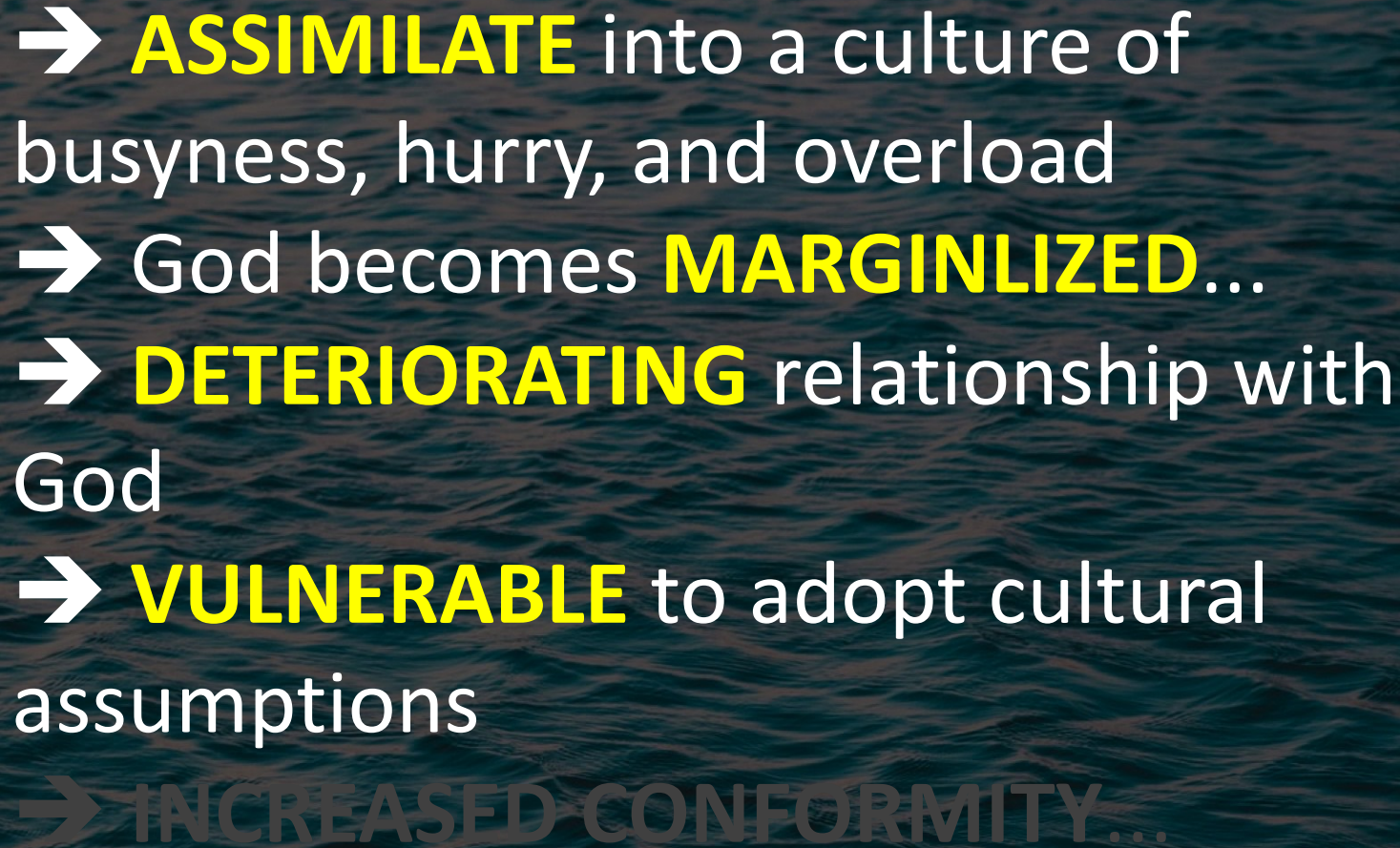
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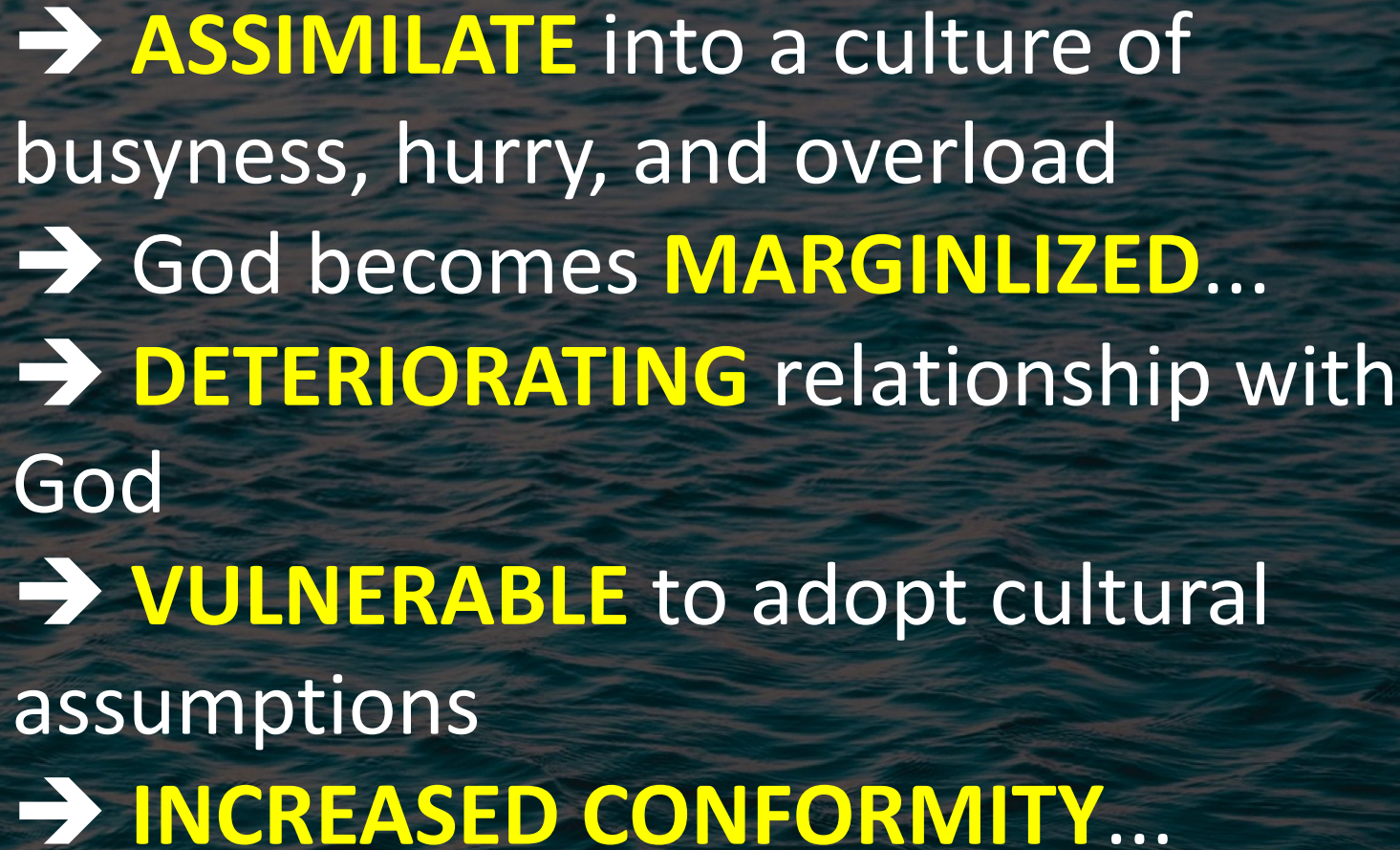
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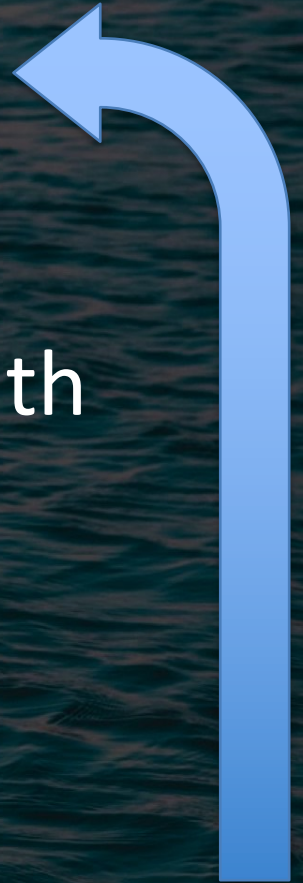
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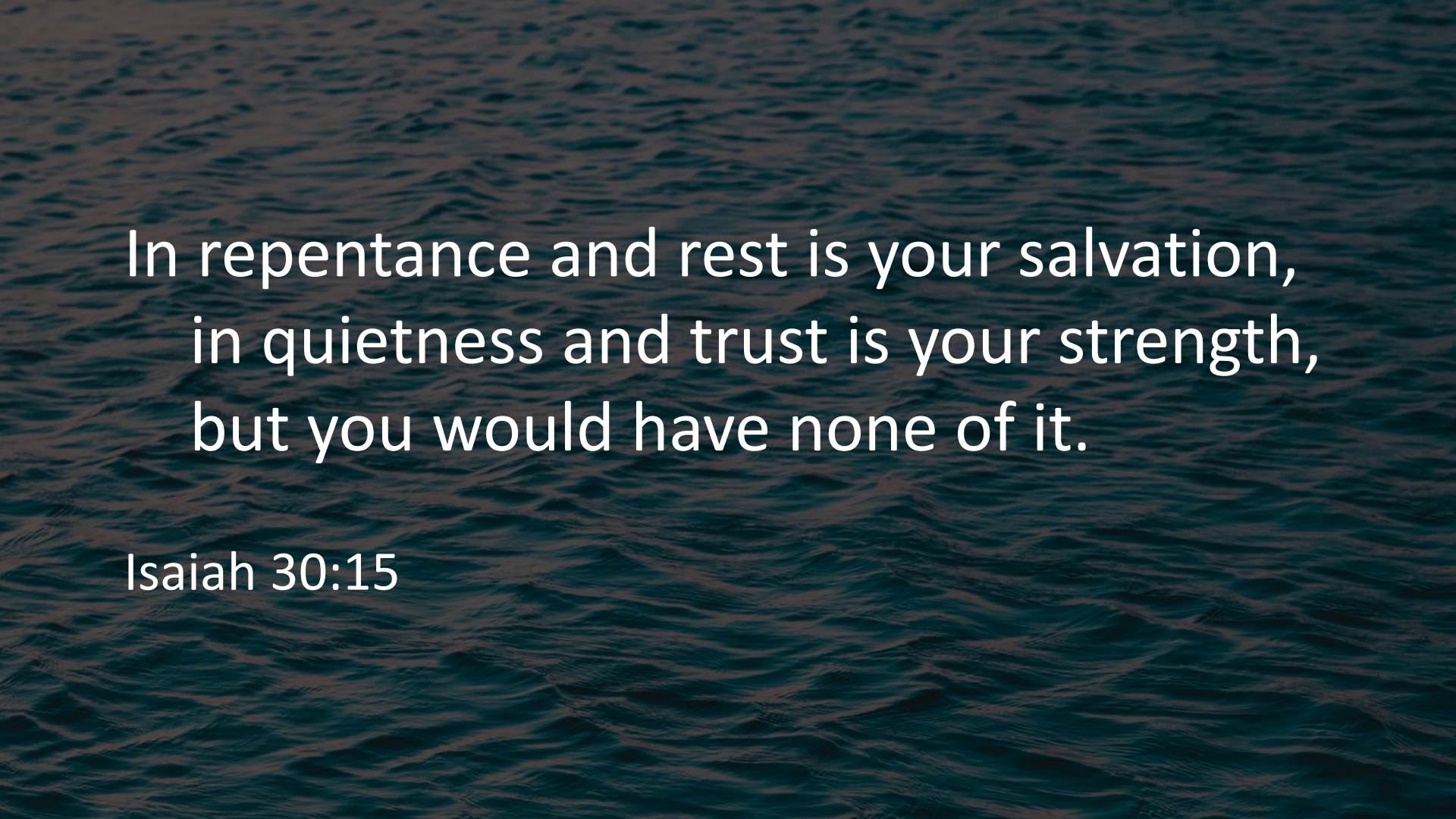


By the very act of refusing to succumb to the enormous pressure of Western culture around us, we, too, serve as a sign of a free people. We have been called out of a world trying to prove its worth and value by what it does or possesses. We are deeply loved by God for who we are, not for what we do.

Pete Scazzero

The background of the image is a close-up, high-resolution shot of dark blue water. The surface is covered in a dense pattern of small, rhythmic ripples and waves, creating a textured appearance. The lighting is somewhat dim, giving the water a deep, almost blackish-blue hue in some areas, while other parts catch the light, showing more of the blue color. The overall effect is one of depth and movement.

Embedded in Trust

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In repentance and rest is your salvation,
in quietness and trust is your strength,
but you would have none of it.

Isaiah 30:15

“Woe to the obstinate children,”
declares the Lord,
“to those who carry out plans that are not
mine,

forming an alliance, but not by my Spirit,
heaping sin upon sin;
² who go down to **Egypt**
without consulting me;
who look for help to Pharaoh’s protection,
to Egypt’s shade for refuge.

³ But Pharaoh's protection will be to your
shame,

Egypt's shade will bring you disgrace.

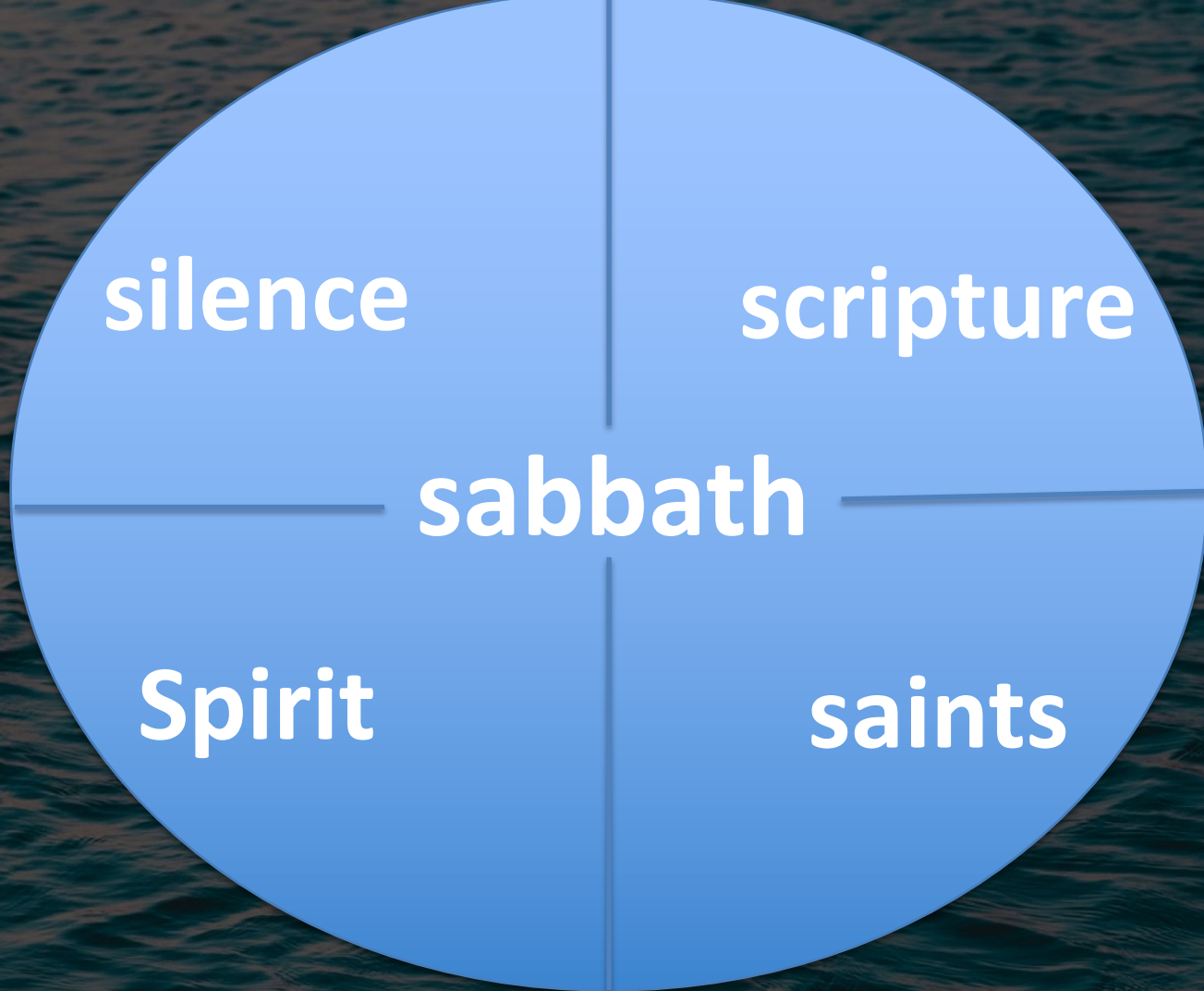
Isaiah 30:1-3

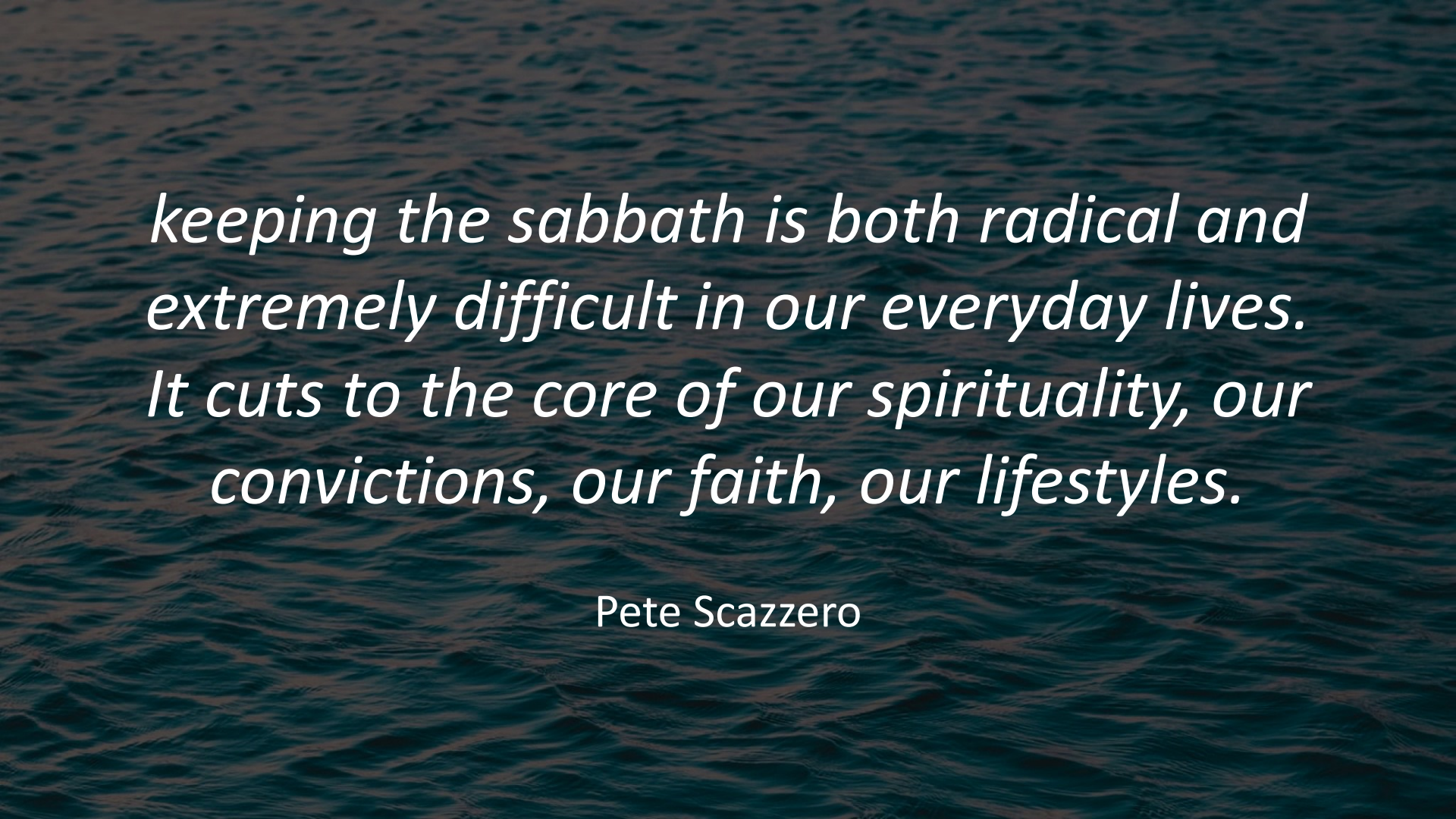
“Because you have rejected this message,
relied on oppression
and depended on deceit,
¹³ this sin will become for you
**like a high wall, cracked and bulging,
that collapses suddenly,** in an instant.

¹⁴ It will **break in pieces like pottery,**
shattered so mercilessly
that among its pieces not a fragment will be
found
for taking coals from a hearth
or scooping water out of a cistern.”

In repentance and rest is your salvation,
in quietness and trust is your
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Isaiah 30:15





*keeping the sabbath is both radical and
extremely difficult in our everyday lives.
It cuts to the core of our spirituality, our
convictions, our faith, our lifestyles.*

Pete Scazzero

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Embedded in Christ

...because so many people were coming and going that they did not even have a chance to eat, he said to them, **“Come with me by yourselves to a quiet place and get some rest.”**

Mark 6:31

PRACTICE: SABBATH

Stop

Rest

Delight

Contemplate (worship)

PRACTICE: SABBATH

Stop

Rest

Delight

Contemplate (worship)