

Getting Started with Soul Training:

- If you want to be a part of Soul Training with us, please text “group” to 612-712-9727 and we will connect you with a group.
- Be sure to pick up a **Soul Training Guidebook** at the resource table today.
- The intro on page 10 in the book will help you get started in looking at your current habits and teach you about starting new ones. There are also daily reflections and soul training exercises to practice.
- For additional resources each week, go to <https://www.waiteparkchurch.org/soul-training-resources> or open your phone and scan this code.



- Kids can participate, too! Go to [waiteparkchurch.org/kidsonline](https://www.waiteparkchurch.org/kidsonline) and click on [KidsPark Online Experience] for Soul Training activities for kids.



A Grateful Community

Scripture: Mark 2:23-28

“Do not conform any longer to the patterns of this world, but be transformed by the renewing of your mind...” (Romans 12:2)

“_____”: the mind, comprising alike the faculties of perceiving and understanding and those of feeling, judging, determining.

The Problem:

Our society seems to value _____ and _____ above all else.

God created a _____ to the pattern of this world: _____. (Exodus 20:8)

This verse is the fourth _____!

Three Ways People Treat the Sabbath

1. As a _____! (Pharisees in Mark 2)
 - “The sabbath was made for humans, not humans for the sabbath.” – Jesus
2. As a _____.
 - Genesis 2:2-3
 - Our sabbath is an imitation of God!
3. As an irresistible _____ to experience God’s _____.
 - We were not _____ to live the way our society lives.

Exodus 20:8-11:

Sabbath means “to _____,” or “to cease from _____.”

- But sabbath is not just doing _____.

We remember the sabbath by _____ it _____.

- It is a day of _____. (reorientation toward God)

“Christian maturity is never reflected by people who are well-adjusted to a sick society.”

Sabbath can reshape our lives into a life motivated by _____ to God.

The Details?

We are to _____. (vs. 8)

Don’t be _____. (Col 2:16-17)

Cease from “_____.” (vs. 10)

- Take “_____” out of your vocabulary.