
THE NEW PSALMIST BAPTIST CHURCH
EMPOWERING DISCIPLES
REVIVAL
ENCOUNTER
SABBATH REFRESH
SATURDAY • NOVEMBER 7, 2026
DARE TO BELIEVE
FROM LINGERING FAITH TO LIVING FAITH
RE26





1

WHAT IS THE SABBATH?

The Sabbath is a God-ordained time of rest, worship, renewal, and relationship with Him. The word Sabbath comes from the Hebrew word Shabbat, meaning “to cease,” “to stop,” or “to rest.” The Sabbath reminds us that we are not created merely to work, produce, achieve, and accomplish. We are created to know God, enjoy His presence, rest in His provision, and be renewed in Him.

“Remember the Sabbath day by keeping it holy.” Exodus 20:8 NIV

2

WHY ARE WE TAKING PART?

As part of REvival Encounter, we are setting aside this Sabbath REfresh to examine our faith and give God room to move us from belief in our hearts to obedience in our lives. We are taking part because:

- God is calling us to identify where our faith has stalled, lingered, or become passive.
- Rest and reflection help us hear God clearly, while obedience demonstrates that we trust what He has spoken.
- We want our prayers, choices, relationships, and service to become evidence of a living faith.









3

PREPARING FOR A DAY OF LIVING FAITH

In Scripture, the day before the Sabbath was known as the Day of Preparation (Mark 15:42). Complete routine Saturday tasks ahead of time so you can enter the day attentive to God. Ask the Holy Spirit to reveal one area where you have been waiting without responding. Bring that area to God in prayer, write down what obedience could look like, and come ready to take one faithful next step.

4

WHAT LIVING FAITH CAN LOOK LIKE

Use the day to rest in God's presence, listen for His direction, and practice a faith that moves:

For Adults

- **Morning:** Read James 2:14–18. Journal: Where has my faith remained only an intention?
- **Afternoon:** Rest, listen, and identify one practical act of obedience: an apology, a call, an act of service, or a step toward a God-given assignment.
- **Evening:** Pray over that step and make a simple plan to carry it out during the coming week (Proverbs 3:5–6).








EXIT
EXIT
EXIT

For Youth

- **Morning:** Read Mark 9:23–24. Journal: What do I believe God can do, and where do I need help with unbelief?
- **Afternoon:** Take a prayer walk and choose one faith action you can take at home, at school, or with a friend.
- **Evening:** Share your commitment with a trusted person and pray for courage to live it out (1 Timothy 4:12).

For Children

- **Morning:** Read or retell David and Goliath (1 Samuel 17:32–50). Ask: What did David believe about God, and what did he do?
- **Afternoon:** Create a "Faith in Action" card showing one helpful or brave thing you can do because you trust God.
- **Evening:** Share the card during family prayer and ask God for courage to follow through (Ephesians 6:16).

For Families and Friends

- Share a Sabbath meal and tell one story of a time God proved faithful.
- Read James 2:17 and Mark 9:23 aloud, then discuss the difference between saying we believe and living what we believe.

- Choose one act of faith to complete together: encourage someone, serve a neighbor, give generously, or reconcile a relationship.
- Close the evening declaring: "Lord, help us dare to believe and give us courage to live our faith."

For Everyone

- Unplug from unnecessary screens and distractions so you can listen for God's direction.
- Be still in prayer and reflection (Psalm 46:10), then write down what God is prompting you to do.
- Pause at 12 noon for corporate prayer as one church body, asking God to awaken active, courageous faith.
- Before the day ends, name one faith step and when you will take it.

Suggested Key Scriptures

- **James 2:17 (NKJV)** – Faith that never moves into action is dead.
- **Mark 9:23 (NIV)** – Jesus calls us to believe in God's possibilities.
- **Hebrews 11:1, 6 (NKJV)** – Faith trusts God's reality and responds to Him.
- **Proverbs 3:5–6 (NIV)** – Trust God rather than leaning only on personal understanding.





- **Psalm 46:10 (NIV)** – Stillness before God can prepare us for faithful action.

Dare to believe. Let faith move beyond a lingering thought or hopeful intention. Rest in God, hear His voice, and rise ready to obey, because living faith is faith in action.







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