

GROWING DEEPER

Sabbath Rest

Hope and Rest for God's People

Reading

Read: Joshua 23:6-13; Judges 2:11-15; 17:6; 21:25; 1 Samuel 8:5-7;
Ezra 3:10-13

Reflection

- As you reread the above passages, which verses had the greatest impact on you? Why? Journal your thoughts.
- How do you see the flickers of Sabbath Rest in the texts that were covered this month? How do you see these leading to Jesus, the Lord of the Sabbath?
- The Big Idea was: Looking and Longing Perpetuate Restlessness and Recklessness. How have you seen this in your own life? What is one way in which you can find your longing satisfied in Christ over the next month?

Prayer

*Father, my heart is prone to look and long for the things of this earth. Although they promise to satisfy my heart, it only leads to further spiritual thirst. For those times of looking and longing, I repent. Lord, empower me with your Spirit to find my supreme source of satisfaction in You. You are the only worth of my adoration, praise, longing, and heart. Thank you for your faithfulness in my life.
In Jesus name, Amen.*

Prepare

Next month we will see how Sabbath Rest is fulfilled in the person of Jesus. To prepare for our time together please read; Mark 2; Luke 6 and Matthew 11. Please notice the ways in which Jesus interacts with the theme of Sabbath and where true rest is found.