



Sabbath Rest

1. The Daily _____ (Ps 119:164)

The word “Office” comes from the Latin word “opus”, or “work”. It’s not so much us coming to get something from God but being with God and letting Him work in us.

After Jesus’ resurrection, his disciples continued to pray at certain hours of the day. (Acts 3:1; 10:9) There is great power in setting apart small units of time during your day to pray and read scripture. Ps 145:18; Rev 3:20; James 4:8; Ps 37:5-6

A. Stop (Ps 37:7)

Take unhurried moments with God. If you stop even for 5 minutes to be still before the LORD, you’ll more likely carry the presence of the Lord into the next part of your day.

B. Silence (1 Kings 19:12)

Solitude is the practice of being absent from people and things to attend to God. Get in your car. Go into an empty room. Find a space outside. Just get alone for a few minutes to silence the noise, the activity, the distractions.

C. Scripture (2 Tim 3:16-17)

Read, listen, sing - IMMERSE yourself in what is God breathed. Take that back to the job site and put it in practice.

2. _____ to Sabbath (Ex 20:8-11)



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2. _____ to Sabbath (Ex 20:8-11)

Sabbath: to cease, to stop working. To sabbath is to do nothing related to work for a twenty-four hour period each week and take that rest to delight in God. In doing so, we imitate God by stopping our work and resting.

It's the principle of resting from work and resting in the presence of God. Some people will have to choose another day besides Sunday to Sabbath. (Mark 2:27)

A. Stop

“We stop on the Sabbath because God is on the throne, not us. God is at work taking care of the universe and manages quite well without us having to run things one day a week. 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?” Scazzero

B. Rest (Ex 20:11)

Rest looks different for all of us. Rest is not working but doing whatever delights and replenishes you. Rest is often giving yourself permission to not worry about your work.

C. Delight (Gen 1:31)

The phrase “it was very good” in Hebrew communicates a sense of joy, completion, wonder, and play.

D. Contemplate (Luke 4:16, Acts 17:2)

Jesus worshipped on the Sabbath with a gathering of people. Not doing that was the exception, the “custom” was to do it.

How often do you make it a priority to gather? Would you go so far as to say it's a custom in your life and your family?

Prepare the day before to get to church AND on time. Don't just wing it, prepare your clothes, what time you will get up and what specific time you'll need to leave. Send a text to your 8 to 15 and invite them church.

Custom (Gk “ethos”) = habit, manner

Rest weekly from your personal work, be present with God in a gathering of people, ready to work for the benefit of others who are seeking God. Why? To practice the presence of God daily.

Become a Christ Follower Today

Admit: Sin

Believe: Cross

Choose: To follow Christ

Answers: Office, Remember

Reading for Next Week: Emotionally Healthy Ch. 7

Resource: Emotionally Healthy Spirituality by Peter Scazzero

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COMMUNITY GROUP DISCUSSION QUESTIONS

Opener: on a scale of 1 (least busy) to 10 (very busy), how busy are you?
Where would you like to be?

There is a pervasive form of contemporary violence...activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence...It kills the root of inner wisdom which makes work fruitful. -Thomas Merton, Conjectures of a Guilty Bystander

Definition of Daily Office: fixed-hour of prayer; intentional time spent with God to hear from, pray to, give praise to; “work of God”.
Definition of Sabbath: to cease, to stop

Read Daniel 6:6-10

In reading this passage and other foreknowledge of Daniel, what do you see that enabled him to resist the pressures he faced?

Scazzero illustrates the use of the rope, as Pastor James explained in the sermon, to find our way back when the blizzards (being overscheduled) strike. The rope is found in the discipline of the Daily Rest and Sabbath. Describe the condition you think your “rope” is currently in.

What obstacles do you need to remove to regularly meet with God one to three times a day?

Read Exodus 20:8-11

What stands out to you as you read this fourth command?

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What stands out to you as you read this fourth command?

What specific shifts in thinking do you need to make between a “day off” and “sabbath rest”?

What are your greatest fears/concerns over stopping for a 24-hour period each week?

Read through scriptures for each of the principles of Biblical Sabbath:

- Stop: Psalm 46:10
- Rest: Lamentations 3:25-26; Psalm 23:2; Psalm 116:7
- Delight: Genesis 1:31; Psalm 1:2; Psalm 111:1-4
- Contemplate: Luke 4:16; Ephesians 1:18-19

Which of these principles is easy for you to practice? difficult?
In what ways are you busier than God requires?

Pray for:

- Our nation during this election time.
- For transformation in our emotional health to take place as a church body.
- Ongoing work of Operation Christmas Child

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