

“The Rhythm of Rest: Sabbath”
 Message 6 in the series, “Awakening Grace”
 Exodus 20:8-11

TODAY'S MAIN IDEA:

Sabbath is both a _____ and a _____.

SABBATH REMINDS US:

- God is _____ and we _____
“Remember the Sabbath day by keeping it holy ...the seventh day is a Sabbath to the Lord your God.” (v.10)
- Our _____ is not rooted in _____,
 but in _____
“... Therefore the Lord blessed the Sabbath day...” (v. 11)
- That God wants us to live in _____
“Then Jesus said to them, “The sabbath was made for humankind, and not humankind for the Sabbath.” (Mark 2:27)
- That God _____
“Another time Jesus went into the synagogue, and a man with a shriveled hand was there...” (Mark 3:1-6)
- To be _____
“... 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 animals, nor any foreigner residing in your towns.” (v. 10)
- To _____ God
“For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. (v. 11)
- To _____
“...but He rested on the seventh day.” (v. 11)

Exodus 20:8-11 (NIV)

⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ 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 animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

ESTABLISHING RHYTHM:

1. Set a day each week to “pull away” from work. Rest, renew, restore. Perhaps set a time each DAY to pull away.
2. As you try #1, become aware of how your body, mind or spirit resist pulling away for renewal. Ask God in prayer what that resistance is actually teaching you about how you’ve been defining yourself by your busyness rather than trusting Him.
3. Focus. Pray for the inner peace to trust God with your rest.

FOR GROW GROUPS AND PERSONAL REFLECTION:

1. Do you practice “Sabbath rest” regularly? If so, how? If not, why not?
2. Have you ever struggled with “letting go” of your work – even on your day off? If you are comfortable doing so, share it with your group or a friend.
3. How can you carve out intentional time for Sabbath on a weekly basis? How can your group or a friend hold you accountable?
4. As you’ve listened to the message or as you read the Scripture passages, what is God bringing to your mind and heart? What do you want to do about it?

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