



SABBATH RHYTHM

RESTED SERIES #1

SABBATH STARTS

THE

RHYTHM OF REST

ULTIMATELY, NOTHING IN THIS LIFE, APART FROM GOD,
CAN SATISFY OUR DESIRES. TRAGICALLY,
WE CONTINUE TO CHASE AFTER OUR DESIRES
AD INFINITUM. THE RESULT? A CHRONIC STATE OF
RESTLESSNESS OR, WORSE, ANGST, ANGER, ANXIETY,
DISILLUSIONMENT, DEPRESSION ALL OF WHICH LEAD TO
A LIFE OF HURRY, A LIFE OF BUSYNESS, OVERLOAD,
SHOPPING, MATERIALISM, CAREERISM, A LIFE OF MORE
WHICH IN TURN MAKES US EVEN MORE RESTLESS. AND
THE CYCLE SPIRALS OUT OF CONTROL.


(JOHN MARK COMER.
THE RUTHLESS ELIMINATION OF HURRY, P. 146)

7 CORE SPIRITUAL PRACTICES

RESISTANCE TO THE CULTURE OF NOW

SIMPLICITY	LIVING FROM THE DIVINE CENTRE SO THAT LIFE BECOMES FREER
PRAYER	HABIT OF 'CONNECTING WITH JESUS' IS WOVEN INTO OUR ROUTINE
SCRIPTURE	REGULAR STUDY OF THE BIBLE THAT SHAPES OUR INNER LIFE
SABBATH	A DAY EACH WEEK DEVOTED TO REST AND WORSHIP (USUALLY SUNDAY)
FASTING	DENIAL OF FOOD IN ORDER TO GROW SPIRITUALLY
LIVING IN COMMUNITY	PARTNERS FOR LIFE'S JOURNEY AND FOR MUTUAL DISCIPLESHIP
SILENCE AND SOLITUDE	MOMENTS OF INTENTIONAL TIME TO BE ALONE WITH GOD

¹ So the creation of the heavens and the earth and everything in them was completed. ² On the seventh day God had finished his work of creation, so he rested from all his work. ³ And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.



Genesis 2:1–3 (NLT)

WHEN WE LIVE WITHOUT LISTENING TO THE TIMING OF THINGS, WHEN WE LIVE AND WORK IN TWENTY-FOUR-HOUR SHIFTS WITHOUT REST - WE ARE ON WAR TIME, MOBILIZED FOR BATTLE.

YES, WE ARE STRONG AND CAPABLE PEOPLE, WE CAN WORK WITHOUT STOPPING, FASTER AND FASTER, ELECTRIC LIGHTS MAKING ARTIFICIAL DAY SO THE WHOLE MACHINE CAN LABOUR WITHOUT CEASING. BUT REMEMBER: NO LIVING THING LIVES LIKE THIS. THERE ARE GREATER RHYTHMS, SEASONS AND HORMONAL CYCLES AND SUNSETS AND MOONRISES AND GREAT MOVEMENTS OF SEAS AND STARS. WE ARE PART OF THE CREATION STORY, SUBJECT TO ALL ITS LAWS AND RHYTHMS.

(WAYNE MULLER, SABBATH: FINDING REST, RENEWAL, AND DELIGHT IN OUR BUSY LIVES)

⁸ “Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God....



Exodus 20:8–11 (NLT)

²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath!”



Mark 2:27–28 (NLT)

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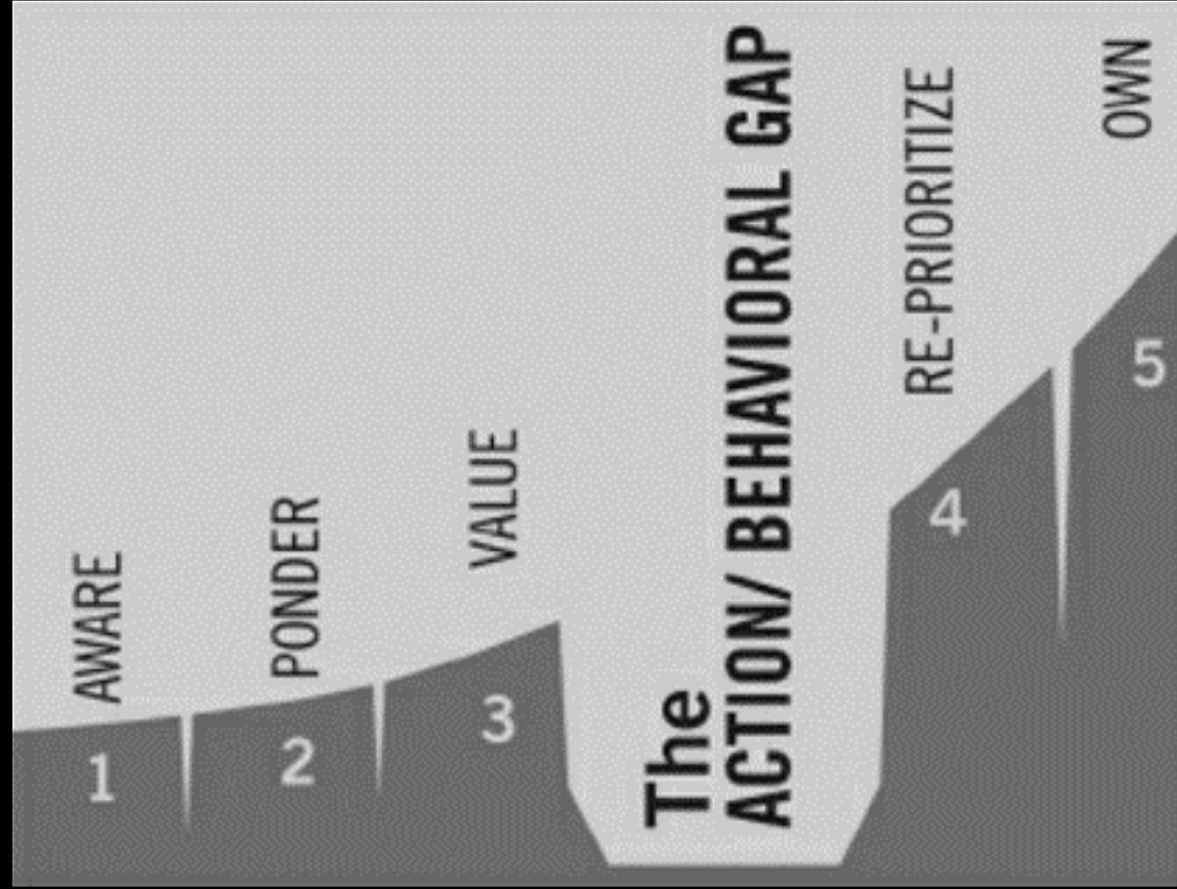
INVITATION:

PRACTICE SABBATH THIS WEEK

SELECT A TIME PERIOD, PREPARE FOR IT,
THEN PRACTICE RESTING USING THE FOUR ELEMENTS OF:

1. **Stop** - we cease from all work (paid and unpaid), all thinking about work, all worrying and all wanting.
2. **Worship** - we centre our lives, therefore orientating our family and our week toward grateful praise and adoration of God.
3. **Rest** - we rest our soul; we restore our whole person.
4. **Delight** - we renew our soul with activities that spark joy, wonder, gratitude, and happiness.

WHY RE-TEACH SABBATH?



SERMON APPLICATION

APPLY GOD'S WORD
THROUGH PRAYER AND ACTION.

A) PRAY: READ AND MEDITATE DAILY ON
GEN 2:1-3, EX 20:8-11, MARK 2:27

B) DO: PRACTICE THE SABBATH
THIS WEEK.

DISCUSSION QUESTIONS

**Answer with friends, family or as a Life Group
in order to Grow Together.**

- 1. Why are people so unrested and restless?**
- 2. Read Mark 2:23–28 (NLT) - What does Jesus mean by his command in verse 27? How do we obey this command?**
- 3. Have you practiced the Sabbath before? What did it look like?**
- 4. Will you follow the sermon application and practice Sabbath this week? Why or why not?**