



Sabbath

HELLO

We're starting with sharing some stories here so read below.

Most of us took last week off from gathering for Labor Day. What a great idea to take a break and.... REST. Let's start this gathering with sharing stories. Specifically, share any stories of a way that you have considered or even taken steps to incorporate rest and slowing down in your routine. Not everyone will likely have one so be encouraged by the ones who have and keep at it.

What makes you feel content?

GROW

Sabbath is a foreign word and an ancient practice that our culture has largely eliminated. Technology has made everything fast. I don't mean just phones or TV. I mean travel is faster than ever thanks to automobiles and planes. We can order food at one window and immediately pick it up at the next one 25 feet away. We can order something online and have it delivered by the end of the day. Our ancestors would find what we take for granted and expect staggering. Our brains are losing the ability to slow down and enjoy peace.

What do you think the role of the 10 Commandments is today?

[Read Exodus 20:8-11](#)

What is the difference between being invited to rest and being commanded to rest?

How is the Sabbath command and now invitation to rest more about honoring God than simply taking a break?

How can learning how to rest help you push back against the relentless pursuit of more?

Read Matthew 11:28-30

This has been our go to message from Jesus throughout the series. There is a hint of Sabbath in his words.

“Sabbath is not a commandment we are bound to; it’s a promise we’re invited to enjoy.” (Missy Takano)

How does Jesus’ invitation to find rest in him ease your mind and heart?

M O V E

Like most everything else, rest for one is a burden for another. Let’s not forget the main point of all of this. Yes, we need rest. When we’re hurried and frazzled, we are poor representations of Christ. In our fast culture, we must resist constantly. Rest is more about prioritizing and honoring God because all our answers for life and beyond are in him. You honor what you spend your time on. We can’t honor God well, when we adopt a life of just fitting him in when or if we can.

What brings you mental and physical peace? Make a specific roadmap to do that this week. That will lead to spiritual peace.

P R A Y

Nothing will make you feel more like a community than this time. Share your joys, your burdens, your victories, your fears. This is the place to do it.