

Sabbath: Rest

Practicing the Way series

Sunday message from January 29th, 2023

~ Notes & Reflections ~

- **In our busy world and our busy lives, rest always seems just out of reach.**
- **God both created a rhythm of rest and set the example of resting.**
 - ❖ Read [Genesis 2.2-3](#). What do you learn about rest in this passage?
 - ❖ “Rest” in this passage is the Hebrew word “shabbat” (which we often translate Sabbath).
- **Sabbath is, ideally, a 24-hour period where we stop, rest, delight and worship. It is not about a specific day, but about a rhythm for your life.**
 - ❖ Sabbath is commanded in two places in the books of Moses: Exodus and Deuteronomy.
 - ❖ Read [Exodus 20.8-11](#) and [Deuteronomy 5.12-15](#) side by side. What similarities and differences do you see? What might be the significance of the differences?
- **“Guard the Sabbath day” (Deuteronomy 5.12) is a challenge to keep the Sabbath day special, that is from becoming like any other ordinary day.**
 - ❖ What might this look like for you (and your family) as you practice Sabbath?
- **In Deuteronomy 5, the Sabbath command is grounded in freedom from slavery.**
 - ❖ Read [Exodus 5.4-19](#) (especially verses 4 and 17-19).
 - ❖ In what ways do you see this Pharaoh-slave dynamic in our culture?
 - ❖ In what ways do you see yourself in the position of the slaves? In what ways might you be like Pharaoh?
- **Egypt is not just around us, it’s in us.**
- **Creating a rhythm of rest in your life is an act of resistance.**
 - ❖ How might a Sabbath rhythm resist the addiction to “more”, the drive to produce and consume and the temptation to find our worth in what we do?
 - ❖ What might resistance to these things specifically look like for you in practicing Sabbath?
- **Practicing Sabbath will take intentionality and planning against both internal and external resistance.**
 - ❖ In what ways have you (or might you expect to) experience internal and external resistance as practicing Sabbath forms you?
- **Jesus earned everything you think you need to earn on your behalf so you can be free. He sacrificed himself so you can have rest.**
 - ❖ From what do you wish to be free?
 - ❖ What would it look like for your heart to be at rest?
 - ❖ Where can you start to create a rhythm of resting this week?
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on rest?