

# Sabbath: Stop

## Practicing the Way series

Sunday message from January 22<sup>nd</sup>, 2023

~ Notes & Reflections ~

- **The Hebrew word for Sabbath is שַׁבָּת Shabbat, which means to stop or to cease.**
  - ❖ There is a human ache for a life of peace.
- **Low grade exhaustion is the new normal in our culture.**
  - ❖ What is your experience with busyness and exhaustion?
  - ❖ How does this affect your soul?
- **Jesus invites us to create space for our whole person. He invites us to stop, to rest.**
  - ❖ “Soul” in Hebrew refers to the whole person—physical, mental and spiritual.
  - ❖ Read [Matthew 11.28-30 \(NIV\)](#). What stands out to you? When you take a moment to sit with this invitation, what does it stir in you (longing, sadness, hope, skepticism, etc.)?
  - ❖ Read the passage again in The Message version: [Matthew 11.28-30 \(MSG\)](#). What stands out to you? What might God be speaking to you through this passage?
- **Exhausted people are not loving people and often do not bear the fruit of the Spirit.**
  - ❖ In [Matthew 22.37-40](#), Jesus reminds us that love is the goal of the spiritual journey, the metric by which we chart our maturity.
  - ❖ It is not God’s will for you to live hurried and exhausted, with no margin. How might a value of hurry, productivity without margin, etc. have been formed in you?
- **Stopping was built into the fabric of creation from the beginning. Long before Sabbath was a commandment ([Exodus 20.8-11](#)), it was a gift.**
  - ❖ Read [Genesis 2.1-3](#). How do you see this rhythm of stopping in creation?
  - ❖ You are not a machine. You are a soul and were created to practice a rhythm of rest.
- **Sabbath is a weekly act of identity formation.**
  - ❖ As we practice Sabbath, as we stop, we start to remember. Consider the following truths that practicing Sabbath could help us know and experience a little more deeply. Ask God to highlight the one(s) in which He is inviting you to journey a bit deeper with Him. Talk to Him about it.
    - There is a God.
    - We were created. I am human.
    - Creation has a rhythm.
    - I am not what I do.
    - I don’t have to control it all.
    - I know I’m not in control, but I know the One who is.
    - I am God’s.
    - I am loved... even when I’m not doing anything.
- **Stopping doesn’t just happen and it can’t wait until everything is “finished.” It has to be intentional.**
  - ❖ Where can you start to create a rhythm of stopping this week?