

## **The Sabbath**

### **Attendee Questions**

May 20th, 2007

#### **Big Picture**

*Is it possible that God has a better idea? A better way to live?*

*He had an idea all along....its called Sabbath....and it came from **Genesis 2:1-3** Thus the heavens and the earth were completed in all their vast array.*

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested <sup>[a]</sup> from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

**....then later he commanded this idea of rest**

**Deuteronomy 5:12** *Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you.*

*Sabbath literally means to...*

*Cease....Rest....Stop....put away*

### **Talk Amongst Yourselves**

What does the Sabbath mean to you?

What does the Sabbath mean to God and why was it important him?

Do you ignore this idea of rest?

Is God trying to teach us about the (Sabbath)

Cease....Rest....Stop....put away

because he is trying to get us to realize that we are not God and our life is unmanageable?

Scott said that God did not need to rest after he created the earth in 6 days but he did it as an example for us to observe.

What are some indicators that your life is unbalanced and you are too busy?

Scott asked the question: If nothing changes and you continue to live your life the way you live, who will die, who will be left behind, who will be neglected in your life?

If nothing changed in your life how would you complete this sentence--  
I wish I could have spent more time with.....

What is the rhythm that you work best in?  
Can you talk about a time when you were in a good rhythm with your  
schedule and family?

### **Finding Ourselves in the Story**

Does this feel right to you? Is there a better way?  
Scott said our primary problem is not so much that we legalistically try  
to observe a Sabbath? I think **we flat out ignore** the idea of it,  
much less actually do it.  
Where are you? Are you an observer, an ignorer, or just have never  
thought about it before?  
How much do you really care about the things you care about?

### **Think About It**

Jesus interpreted the law in a much simpler way than the Pharisees.  
That is why he said come to me my yoke is easy and my burden is  
light. I will keep it simple and light and full of grace and he wants us to  
experience rest.

Scott asked us the question“ what is most important? If we can ask  
ourselves what is most important, our lives would change.  
What is most important to you?  
Are your thoughts centered on people in your life or stuff you have to  
do?

### **Make a Shift**

Have you justified your being busy by saying it is just a season of  
busyness.  
Scott mentioned some things we could start doing and stop doing.  
He asked a clarifying question—what do you do for fun?  
Start doing--Play, eat, see beauty,  
Stop doing—being a slave to our cell phones, numbing ourselves with  
television, and working.  
What are some things you can start to do to get in rhythm?  
What are some things you can stop doing to get in rhythm?  
Scott talked about intentional rest. Consider one intentional thing you  
can do that will give you more rest.

Scott said that no one on their death bed said that they wished they  
had worked more. Reflecting on your life, what can you do differently  
that would help shift your focus more on the people most important in  
your life as opposed to your current busyness?

## Closing Thought

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

*-Matthew 11:28-30*

If we can be still and find a rhythm with God we can rest.