



SABBATH

LEARNING TO REST IN A HURRIED WORLD

LEARNING TO REST.

"This is your reminder that one time in the Bible, Elijah was like, 'God, I'm so mad! I want to die!' so God said, 'Here's some food. Why don't you have a nap?' So Elijah slept, ate, and decided things weren't so bad. Never underestimate the spiritual power of a nap and a snack."

- Joy Clarkson

You may chuckle at that quote - but it rings true, doesn't it?

Not taking time to rest and renew can seem admirable at first - but it has very real consequences. Our culture of go, go, going has resulted in record rates of loneliness, anxiety, and depression. God very intentionally created us to be people who pause.

God is able use you in more and better ways when you've taken the time to Sabbath. (Oftentimes that really can be as simple as a having a nap and snack!) When you are filled up, rested, and reminded of who you are in Christ - you are much better suited to truly love your neighbor, work diligently, live in joy, and pursue peace.

Remembering the Sabbath, making a rhythm and a practice of taking a day to rest, creates space in your life to experience God.

IN THE BIBLE.

1 Kings 19:4-8

Then [Elijah] went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”⁵ Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” ⁶ He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.⁷ Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”⁸ So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

Deuteronomy 5:12-15

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. ¹³ You have six days each week for your ordinary work, ¹⁴ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. ¹⁵ Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.

Matthew 11:28-30

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

QUESTIONS.

Feel free to talk through some or all of these questions

- 1.) What sticks out to you in the verses above?
- 2.) What are some consequences of not resting you have personally experienced?
- 3.) What lies are you believing that keep you from resting?
- 4.) What are some of the benefits of consistently observing a Sabbath? Have you experienced any of these?

TAKE TEN:

- How did you see God work in your life this week?
- What has God been teaching you in His Word?
- What kind of conversations are you having with your pre-Christian friends?
- What good can you do around here? (in your life/circumstance)
- How can we help you in prayer and what do you want us to ask you about next week?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?