

REST – a Sabbath brings rest to every part of you, Mental, emotional, spiritual, physical.

Which of these areas do you need to receive more rest in: your mind, in your body, in your emotions, or in your spirit? What do you think you can do to find greater rest in that area?

DELIGHT – Sabbath also brings celebration and joy.

What are the things that spark wonder, gratitude and happiness in you? How can you incorporate these in a healthy way into your Sabbath?

WORSHIP – Because Jesus is ultimately the source of our rest, we observe a sabbath's rest when we draw near to him. In adoration, praise and loving God we in turn receive from Him all that we need.

What are the practices that you use to express your worship of God?

Armed with this list of ways by which you can participate in a Sabbath, you can approach your Sabbath day each week with a plan to honor God by observing the Sabbath and keeping it holy.

WRAP-UP

It is God's desire that we would find rest in Jesus. The rhythm of Sabbath was woven into creation when God rested on the 7th day and declared it holy. This is not merely a command it is an invitation. We need to cease our work and busyness, find rest for our body, soul and spirit, delight over all God has done for us and worship the Lord of the Sabbath.

Memory Verse

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. -Matthew 11:28-30 NLT

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members' needs: _____

Challenge- Find one new way to enter a Sabbath's rest this week.

“Sabbath” Rhythms and Revival #2

INTRODUCTION

All too often, we find that our culture is reinforcing the wrong things in us. That certainly is true of busyness. When a person is constantly busy, they are admired for their productivity, their drive or their value. We are led to believe that we must do more, press harder, go further to prove ourselves. But busyness can steal your soul. It promises to give you more of everything you need- money, control, importance. But what busyness really produces is exhaustion, stress, fear, anxiety and anger. It fails to fulfill its promise and leaves you depleted and susceptible to sin. The good news is that Jesus has come to give you rest.

Ice Breaker

How much time would you say you spent today just resting?

Key Passage

Matthew 11:28-30 NLT - 28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

STUDY QUESTIONS

1. What is Rest?

In the Old testament the Hebrew word *shabath* is translated as rest. It simply means to cease, desist, or stop. It has also come to refer to the day when work is stopped and is associated with celebration.

Have you seen advertisements that promise to give you rest? What images do they usually include?

In Matthew 11:28 we find the phrase “and I will give you rest.” The phrase in its original language is *kagō (and I) anapauō (rest) sy (you) anapauō (rest)*. In the Greek, Jesus is essentially telling us that He is our rest. It is Jesus who is both the source and the cause of our rest. Rest is not some external commodity being handed out by Jesus.

Why is it significant that Jesus is the source and cause of our rest, not just handing out “rest” to us? How does that help you relate the importance of “remaining in Jesus” or being “yoked to Jesus” to find rest for your soul?

2. Sabbath was modeled for us

You don't have to read very far into the bible to see Sabbath modeled for us. You will find it in the second chapter of Genesis.

Genesis 2:1-3 NLT - 1 So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

The rhythm of sabbath was woven into creation by God Himself. Although Sabbath is an invitation to enter into God's rest, it is also one of the Ten Commandments. In fact, it is a commandment with an explanation.

Exodus 20:8-11 NLT - 8 "Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 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 livestock, and any foreigners living among you. 11 For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

Verses 9 and 10 tell us the “how” and verse 11 tells us the “why” we observe the Sabbath. How does this commandment provide a bridge between the first 4 commandments that tell us how to relate to God, and the last 5 that tell us how we relate to others?

Jesus was also our model of rest. As we read the Gospels, we find that Jesus lived an unhurried life, even when the circumstances would seem to dictate otherwise.

Look at some of the ways Jesus observed a Sabbath rest. What were the circumstances and what are some things Jesus did at those times?

Luke 4:16 NLT - 16 When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures.

Matthew 14:22-23 NLT - 22 Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. 23 After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

Mark 6:30-32 NLT - 30 The apostles returned to Jesus from their ministry tour and told him all they had done and taught. 31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. 32 So they left by boat for a quiet place, where they could be alone

3. Invitation to a New Way to Live

We are invited to join God in a Sabbath's rest. Using these four facets of Sabbath, consider how you would apply it in your own life.

STOP- at the root of the definition of Sabbath is to stop, to cease and desist from work, from worry, from busyness.

What specifically will you stop doing to fully observe a Sabbath's rest?