
Week 4: Sabbath in the Way of Jesus

Notes include work from John Mark Comer, *The Ruthless Elimination of Hurry* & from www.practicingtheway.org

*"The Sabbath is to a spirit of restfulness what a soccer practice is to a match or band practice is to a show. It's how we practice, how we prepare our minds and bodies for the moments that matter most."
- John Mark Comer*

Table Talk:

1. How do you typically spend your days off? How do you fill your time when you aren't at work?
2. Have you ever practiced keeping a Sabbath day before? How is it the same or different from a "day off".

Watch Video: "Sabbath"

Table Talk:

Read: Genesis 2:2-3
Exodus 20:8-11

1. According to these texts why is Sabbath unique from other days?

"The word Sabbath comes from the Hebrew "Shabbat". The word literally means "to stop". The Sabbath is simply a day to stop: stop working, stop wanting, stop worrying, [stop consuming], just stop." - John Mark Comer

2. How does this quote hit you? Do you find it easy or difficult to stop? What is preventing you from practicing a Sabbath day?

Spiritual Practice: Sabbath

The word Sabbath comes from the Hebrew: Shabbat meaning "to cease" or to delight. The command to Sabbath in Exodus 20:8-11 emphasizes rest, and also that it is a day oriented towards God (vs.10) or for worship. These four components create a Sabbath discipline with life-giving potential. Reflect on the four components and jot down some thoughts about how you might practice a Sabbath. Feel free to collaborate with friends for ideas. Shared meals, corporate worship and community life is a great part of the Sabbath practice.

STOP

What would you need to adjust for you to be able to cease work for a day.?

REST

What activities do you find restful?

DELIGHT

"What could you do for a 24 hour period that would bring you deep, soul-level joy?"

WORSHIP

What disciplines, places, people, help you to enjoy God for who He is and respond in gratitude to Him?