

The Restful Life

Take a Breath

Sabbath is the Father's gift to His children (Exodus 20:8-11). God made the Sabbath for man (not man for the Sabbath) and designed humanity to function best when we honor the idea of keeping a Sabbath. We were designed for renewal, to take a breath. The inability to rest, to sabbath, is actually an indication of slavery and bondage. True children of God can rest and are able to have their physical, mental, emotional, and spiritual tanks filled by Him. Sabbath is a day of rest from work, a day that we do things that renew us inwardly and connect us with our Heavenly Father. It is a day to come close to Him and be in His presence. By keeping the Sabbath and connecting with the Father, we actually position ourselves to be more productive and effective the other days of the week.

GET THINGS STARTED

What would be the perfect day off for you? What would you do, and who would you be with? What replenishes you physically, mentally, emotionally, and spiritually?

WATCH THE GROUP VIDEO FOR WEEK 3

GO DEEPER

1. In Exodus 31:17, what does it mean that God rested *and* was refreshed on the seventh day of creation? Why do you think both words (rested and refreshed) are used?
2. From Exodus 20:8-11, how do we *remember the Sabbath day by keeping it holy*? What are some of the typical responses to this command? Of all the commandments within the Ten Commandments, why is this command so often minimized or dismissed altogether by followers of Jesus?
3. What point is Jesus making in Mark 2:27 when He says that the *Sabbath was made for man, not man for the Sabbath*?

MAKE IT PERSONAL

1. How well do you remember the Sabbath? What are the biggest hindrances to you connecting with the Father in such a way that you are refreshed physically, mentally, emotionally, and spiritually?
2. What do you need to rest *from* in this season? What do you need to *recenter* on as most important?
3. What would you be more effective in if you took a day off to experience a true Sabbath?

PRACTICE IT NOW

Take time as a group to breathe and to purposefully pray for an increased ability to remember the Sabbath. Ask God to show you more what this means for you and how to be genuinely refreshed physically, mentally, emotionally, and spiritually. Ask Him to reveal to you what you need to rest from and how to recenter on what is most important right now.

READING THIS WEEK: Chapters 4 & 5