

But First...

Part 3: How to Sabbath

WEEK OF JANUARY 23, 2022

One of the biggest challenges to our spiritual growth is how busy and hurried we are. Fortunately, God made something to help—the sabbath.

MESSAGE NOTES AND HIGHLIGHTS

- “If the devil can’t make you sin, he’ll make you busy.” | Corrie Ten Boom
- Both sin and busyness have the same effect—they sever your connection to God and others, and even to your own soul.
- Loving well and being hurried are incompatible.
- ...love is patient. | 1 Corinthians 13, v.4
- “For many of us the great danger is...that we’ll become SO distracted, rushed, and preoccupied, that we’ll settle for a mediocre version of [our faith]. That we’ll skim our lives instead of actually living them.” | John Ortberg
- Sabbath means “stop.”
- Sabbath is a 24-hour period to stop working, stop worrying, stop the pressure of the to-do lists, and over time, results in deep rest and renewal.
- God didn’t create us as human doings but as human beings.
- Human doings are defined by what they do and what they produce.
- Human beings live differently.
- Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it, you shall not do any work... | Exodus 20, vv.8-10
- For in six days, the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. | Exodus 20, v.11
- A sabbath has four parts.
- Stop. Embrace that we have limits. We can stop and we can trust God enough to sabbath.
- What is my greatest fear in stopping for a 24-hour period?
- Rest. We can stop and still not rest. Replace what you normally do with whatever is life-giving to your soul.
- Enjoy. “God saw all that he had made and it was very good.” | Genesis 1, v.31
- Bob Goff says, “figure out what brings you joy and then do lots of that!”
- Contemplate. Your sabbath should ultimately lead you to think about the love of God and how it applies to your life.
- We need to be reminded that God is big enough for us to rest.

DISCUSSION QUESTIONS

1. “Sabbath is a 24-hour period to stop working, stop worrying, stop the pressure of the to-do lists, and over time, results in deep rest and renewal.” Does that describe your typical sabbath day? If not, what does your sabbath day usually look or feel like?
2. Of the four parts of the sabbath—Stop, Rest, Enjoy, Contemplate—which is the most challenging for you to do? Which are you good at? Which do you feel you need the most?
3. What is your greatest fear in stopping for a 24-hour period?
4. What’s a simple change you can implement this week to make your next sabbath better?