

Getting Started

Has some form of keeping Sabbath ever been a part of your life? If so, what was (or is) the experience like for you?

Word

Read aloud Genesis 2:2-3

1. As we'll see in the coming weeks, there are many Scripture passages that focus on keeping Sabbath, but these verses from Genesis are the foundational ones for the practice. What is your main "takeaway" about keeping Sabbath from these verses?
2. *The Message* translation of v.3 is: *God blessed the seventh day. He made it a Holy Day because on that day he rested from his work ...* Since God doesn't really need to "rest," why do you suppose he did? What does this teach us about the value of rest?
3. In Lynne Baab's book, *Sabbath Keeping*, read the paragraph that begins, "What is sabbath?" on pg.11. According to these words, what is the purpose of keeping Sabbath?
4. Now turn to pg.17 and read the paragraph at the bottom of the page which begins, "The sabbath teaches us grace ..." How is it we can learn about God's grace by keeping Sabbath?
5. During Lent, begin to practice keeping Sabbath. What will the challenges of slowing down for one day a week be for you?
6. What questions about keeping Sabbath would you like to have answered during this series?

Share Invite the people in your group to share any blessings or concerns they have from the past week.

Prayer Pray for each other in sentence prayers.

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February 18, 2018

Keeping Sabbath—The Need

Genesis 2:2-3

Sermon Notes

1. Why is keeping Sabbath a need in our time?
2. What exactly is keeping Sabbath?
3. What questions do you have about keeping Sabbath in your own life?

Getting started with Keeping Sabbath

1. Pick a 24-hour period to claim as your Sabbath in the week to come. (If 24 hours seems too daunting at first, claim a 12-hour period.)
2. In your Sabbath time *stop*, stop from “doing.” Don’t work from a mental or actual “to-do list.” Stop and enjoy the time as God’s gift to you. Rest. Be with others. Do something that brings you joy. Begin to break free from the need to accomplish something for one day a week.

Clearly, we were not made to work 24/7. We have limits. There is a finiteness to our time and energy. And to live as though there isn't is destructive as well as delusional. It can be hard to tell the truth about our human capacity and limits because few of us want to accept the losses that come with this truth. We can't say yes to everything. We can't go everywhere and see everyone. We can't have it all. We aren't indispensable. We are finite beings who need rest. And that is not a bad thing. It is a Godlike thing.

God created us in his image. He is a God who works and then rests. When we rest we honor the way God made us. Rest can be a spiritual act—a truly human act of submission to and dependence on God who watches over all things as we rest.
From *Spiritual Disciplines Handbook*, by Adele Calhoun

People you want to pray for:

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