

Deepen My Discipline: The Sabbath

DEEPEN

The Break You Needed

Sabbath is God’s weekly invitation to rest from work, recognize His goodness, and remember His gospel—so our souls are replenished.

Mark 2:23-28

1. The Sabbath is a Day to Rest

- Take a Break
- sabbath, Heb: šābat: to rest; in the biblical context a day of rest
- Genesis 2:2-3
- Exodus 20:8-11
- Luke 4:16

2. The Sabbath is a Day to Recognize

- I’m Not That Important
- Mark 2:27-28
- **Reality Statement:** The Sabbath is a gift from God, for the people of God.
- **Reality Statement:** The sabbath is stopping so you can start.
- *“God told us to set aside one day out of seven for a very good reason: He knew we needed it. If we work all the time, not only will we wear out physically, but we’ll also neglect our relationship with God.” — Billy Graham*
- *“He calls us to work. But he also calls us to rest, in order to work most fruitfully. What sets us apart is this. We rest, in order to work; we do not work, in order to rest. We who believe the gospel are not living for the weekend, but for The End. In the meantime, we figure out rhythms of life that make fruitful labor sustainable.” — Ray Ortland*
- **Reality Statement:** Recognize the sabbath as delight, not duty.
- Isaiah 58:13-14

3. The Sabbath is a Day to Remember

- Daily Invitation to Enter His Rest
- Hebrews 4:8-11

NOTE: All Scripture references are in (ESV) unless otherwise noted.

Charge Groups

WHY WE GATHER IN COMMUNITY

💡 Remind the group of why we gather (To experience the presence of God & the building-up of one -another)

Bear one another's burdens, and so fulfill the law of Christ. - Galatians 6:2

ENCOURAGE THE GROUP

💡 Spend some time encouraging the group. Use this icebreaker question to laugh, enjoy one-another and look for opportunities to encourage. You can also begin by simply sharing one-high and/or one-low of the week.

Icebreaker ? *If you were given a completely free 24-hour day with zero responsibilities, what would your ideal day look like?*

PRAYER & DISCUSSION QUESTIONS

💡 **Facilitator:** Open the discussion time by sharing the purpose of Sunday's message OR share your most memorable part of the message. Spend time reading the scriptures on page 1 & discussing.

1. Why do you think God modeled rest in Genesis 2 if He doesn't get tired? What makes it hardest for you personally to stop working?
2. Jesus says, "The Sabbath was made for man, not man for the Sabbath." What was He correcting in the Pharisees' thinking? In what ways do you subtly live like everything depends on you?
3. The sermon stated: "The Sabbath is stopping so you can start." What might God want to start in your life that your constant pace is preventing? Do you currently view Sabbath more as a duty or a delight? Why?
4. According to Hebrews 4:8-11, what does Sabbath ultimately point us to? How does resting weekly help you remember the gospel?
5. Ray Ortland said, "We rest in order to work; we do not work in order to rest." What's the difference? What would it look like practically for you (or your family) to build a sustainable rhythm of rest?
6. If you were to intentionally practice a Sabbath this week, what would you: Stop doing? Start doing? Delight in?

NEXT STEPS

💡 Encourage each other to take next steps based on the discussion. If something specific comes up, support one another in moving forward. Before ending, spend time praying for one another, asking the Holy Spirit for guidance. You may feel led to pray for a specific person or situation. If there's a practical next step, like baptism or joining the family, encourage each other to follow through.