



HOMEGROWN

Discipleship

Sabbath - 6/14/2020

OVERVIEW

Many of us struggle with slowing down. What is the cause and how do we fix it? Just like Prayer, Scripture, Silence, and Solitude, God asks us to slow down and reset our souls. He invites us to the spiritual practice of Sabbath. As we are being made like Jesus, **we want to start the movement from restlessness to restfulness.**

Scripture: 1 Timothy 4:7b-8; Genesis 2:2-3; Exodus 20:8, 11; Deuteronomy 5:15

APPLICATION

- How has the practice of Sabbath been or not been a regular part of your spiritual fitness training routine?
- Woody shared that Sabbath is contemplative, aesthetic, and done in community. What could Sabbath look like using these three postures?
- Read the Scriptures in the above list. Sabbath was mentioned often in the Old Testament. How did God observe the Sabbath when He initiated it in Genesis? Why do you think Sabbath was so important to Him?
- Woody said that early Rabbis thought that if you work for a living with your hands, you should Sabbath with your mind. So, if you work for a living with your mind, you should Sabbath with your hands. How could you apply this to your life?

HOMEWORK: What would it be like for you to wake up to a day with no expectations, a day carved out for rest? A time you can linger with God without effort and hurry. This week set aside a day of Sabbath. Let's do this together! Also, throughout this series we have challenged you to begin a daily "chair time" – a time set apart to connect with God through the spiritual practices of Prayer, Scripture, Silence, Solitude, and Sabbath. To enhance what you've already begun, we will be completing another YouVersion Bible plan together as a church body. This week's plan is *The Ruthless Elimination of Hurry* by John Mark Comer. To join a Blue Ridge reading group, sign-up at www.blueridge.org/readingplan.

