

Spiritual Practices

1 – Becoming A Community Of Rest In A Culture Of Hurry And Exhaustion



“Come to me, all you who are weary and
burdened, and I will give you rest.”

Matthew 11:28



BE

BECOME

DO

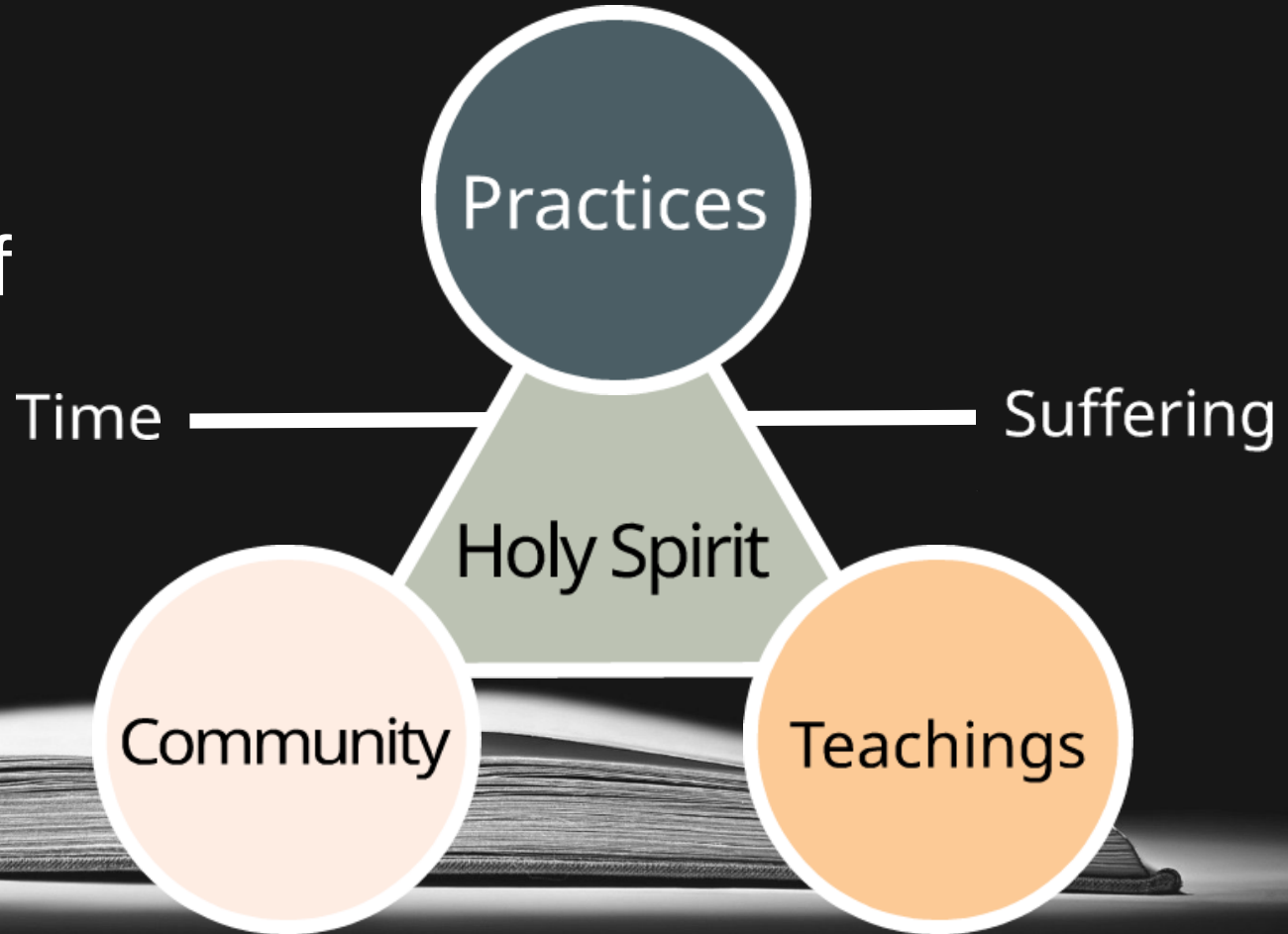
We are apprenticing
under Jesus.



What Transforms Me?

Be **transformed**
by the renewing of
your mind

Romans 12:2



Transformed to be like Jesus through the practice of Sabbath



שַׁבָּת – Shabbat

conveys the idea of a divine rest
within a sacred space.



Four elements of Sabbath:

1. Stop

2. Rest

3. Delight

4. Worship



God had finished the work he had been doing;
so on the seventh day he ***rested***
from all his work. Then
God blessed the seventh day and made it holy
Genesis 2:2-3



“Remember the Sabbath day by keeping it holy.
Six days you shall labour and do all your work,
but the seventh day is a sabbath to
the LORD your God...

Exodus 20:8-11



“The Sabbath was made for man,
not man for the Sabbath.”

Mark 2:27



“Remember that you were slaves in Egypt and that the Lord your God brought you out of there...”

Deuteronomy 5:12-15



“In this world you will have trouble”

John 16:33



“I have told you this so that my joy may be in you
and that your joy may be complete.”

John 15:11



“Comparison is the thief of joy”



“Tomorrow is to be a day of sabbath rest,
a holy sabbath to the Lord.”

Exodus 16:23



Sabbath:

- invites us to slow down;
 - a means to an end;
 - is an act of defiance;
 - tells us who we are.



Questions for reflection:

- 1) Is Sabbath part of my current life rhythm?
- 2) What obstacles get in the way of Sabbath, whether practical or emotional?
- 3) Do I need to put boundaries in place to help me say, 'Yes' to God's Sabbath?

