

You are Here - Sabbath - Week 5

7/28/19

READ:

- Mark 2:23-37, Colossians 2:16-17

REFLECT:

When you think of the Sabbath what comes to mind for you? Is it a positive or a negative thought? Do you tend to think of honoring the Sabbath as legalistic or arbitrary?

Describe your normal Sunday routine.

What would you like to change about your Sunday/Sabbath routine?

Reflect on what it means to recharge/ refocus on our Lord! What are my distractions? How do I use a day of Sabbath to draw closer to Him?

What is different about your Sabbath day? What would you like to have different about your Sabbath day that would result in your being closer to God? Be creative.

What does it mean to keep the Sabbath holy? It is a command. We are to have a ritual of rest. How do you decide if it's ok to do something on the Sabbath?

How do you know if you are practicing the Sabbath well?

Ask yourself if you feel closer to God at the end of the day. What makes you feel closer to Him?

5 ways we delight in Sabbath:

1. Opens our senses to God's goodness.
2. Offers restoration for everyone.
3. Allows us to start again.
4. Builds community - delighting in God together.
5. Glimpse into eternity - resting and worshiping in the presence of God.

What distractions do you need to eliminate for one day a week? How can you do this in community?

RESPOND:

Monday Morning Application: One day a week, minimize all distractions of this world and rest in His presence.

Monday Morning Family Application: As a family unit, discuss why church and Sabbath are important. If needed, establish at least one new boundary helping to protect the practice of honoring the Sabbath.