

Week 12

June 20, 2021

Topic: Sabbath

Sermon Text:

Sermon Notes:

My Personal Discipleship Pathway:

What is the most important thing that I learned this week from the personal, spiritual disciplines that I chose to work through?

How will this truth impact my life? What will I do as a result?

What do I need to pray for as a result of my personal studies?

Who do I need to talk to about this for accountability?

Questions for Reflection:

Where did the concept of a Sabbath rest come from? (Genesis 2:1-3)

Why did God rest? Was He tired? (Isaiah 40:28)

If God was not tired, why does the Book of Genesis use the term “rest”? According to BlueLetterBible.com, many times the “Scripture simplifies the language about God's nature and works so that we finite humans can better understand. For example, we have such statements as, God rested, God repented, and God forgot. These statements are to be understood from a human standpoint, not a divine standpoint. God does not rest, repent, or forget, but the Bible explains His acts in terms we can understand. From our vantage point God rested but the eternal all-powerful God does not need rest.”

Read Exodus 31:12-18. How did God describe the Sabbath to Moses in these verses? How are God's actions an example for us today?

In Mark 2:27, Jesus said that “Sabbath was made for man, not man for the Sabbath.” What was God's purpose in giving us the Sabbath?

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 23

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

There is a story written by the late, Mrs. Lettie Cowman that is found in her book, *Springs in the Valley*. Mrs. Cowman's story (which was summarized in a blog) described a journey in the deep jungles of Africa.

A traveler was making a long trek through the jungle and had hired some jungle tribesmen to carry all of the gear needed for the journey. The traveler, who hoped to make a speedy trip, pushed hard the first day and they made great progress. The second morning came and the tribesmen refused to move—they just sat there and rested. As the traveler sought to find out why his hired men were acting this way, he was informed that they believed that they had gone too fast the first day and that they were now waiting for their souls to catch up with their bodies.

Mrs. Cowman then made this statement—somewhat as an encouragement and somewhat as an indictment—“This whirling rushing life which so many of us live does for us what that first march did for those poor jungle tribesmen. The difference: they knew what they needed to restore life's balance; too often we do not.”

What do you need today to restore balance to your life?

What will you do? When will you do it?



A friend and mentor, Dr. John Bond from Perth, Australia, once told me (in his Aussie accent), ***“Sometimes the most holy thing that a person can do is to get flat out for the Lord!”***

He was referring to taking a nap!

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 19

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.

Questions for Reflection:

What is your normal work schedule each week?

What day(s) do you have off from work?

What do you normally do on your day(s) off?

In the Old Testament, the Sabbath day was a specific time every week. In the culture we now live in, it would be next to impossible to set a specific time for everyone to rest from their normal activity (for example, my Sabbath day is Monday because Saturday and Sunday are work days for me).

What is the best day for you to set aside as a Sabbath day in your life?

In his book, *Sabbath*, Wayne Muller warns us: “If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” Have you ever experienced this? What happened?

Read Matthew 11:25-30. When I was a Children’s Pastor, one of my more energetic kids was prone to go-go-go until he didn’t go anymore. It wasn’t unusual to find him asleep in strange places. Essentially, he listened to his body and when it said to rest, he rested. What is Jesus saying to you today as you read this passage? What will you do to find rest for your soul?

Scripture Meditation Journal:

Title:

Date:

Bible Reading: Psalm 80

Focus Text:

Consider using either the SOAP Journal or Lectio Divina method.