



PART 4: THE REST OF GOD

Sermon Notes

Text: Exodus 20:8-11, Deuteronomy 5:12-15

Intro:

Jesus offers rest for the soul (Matthew 11:28-30), which is a much deeper rest than mere physical relaxation.

Much of our emotional and mental health challenges are related to a burned out soul.

Sabbath is a neglected gift of God.

1. Practice Sabbath to remember that you're not God

Exodus 20:8-11

In practicing Sabbath, we imitate God as a means to remind ourselves that we aren't God. We imitate God as a discipline to stop acting like we are God.

"God commands that we imitate him in order to discover again that we're not him, and that we need him." ~Mark Buchanan

Do you trust God to run the world without you for one day every week?

2. Practice Sabbath to remember that you're not a slave

Deuteronomy 5:12-15

"To refuse Sabbath is in effect to spurn the gift of freedom. It is to resume willingly what we once cried out for God to deliver us from" ~Mark Buchanan

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Refusing to Sabbath does not bring freedom. It only leads back into slavery

Learn to silence your inner taskmaster

3. Practicing Sabbath: four Sabbath practices

i. Daily, weekly, yearly stopping to rest

Psalm 46:10

ii. Worship

Worship is getting away from all our work to stand amazed at the work of God.

iii. Silence and solitude

iv. Delight

Sabbath is about not doing the things you *have* to do, so that you can do the things you *want* to do

"Sabbath fulfilled in human life is really a celebration of God" ~Dallas Willard

Bethel Church Penticton - Sunday June 11, 2017 - Pastor Dave Funk

Life Group Discussion

Warm up:

1. What stood out to you about Sunday's sermon? Have you ever thought about Sabbath in this way before?

Study & Discussion:

1. Read Psalm 23 and compare it to Matthew 11:28-30. What does this Psalm have to do with rest/Sabbath? What is Jesus (our shepherd) offering us? How do we experience it?
2. Read Mark 2:23-28. What are the implications of v. 27? How is it possible for the Sabbath to become legalistic? How can we make sure it remains a gift for us, rather than another burden?
3. Consider the four sabbath practices: Stopping, worship, silence & solitude, delight. Which of these things is hardest for you? Why? Share with the group how you practice these.

Application:

1. Which sabbath practice do you need to strengthen? How will you do that this week?

Prayer:

1. Pray for rest for the soul.
2. Pray for those who struggle with mental health.
3. Other Requests
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