



**WORSHIP**

## SABBATH

**Objective for Learning:** To understand the importance and purpose of the Sabbath.

**Objective for Living:** To build a regular rhythm of taking a Sabbath into your week.

**Objective for Reproducing:** To encourage and lead others to Sabbath and draw near to God through this powerful spiritual discipline.

### Scriptures for the Sabbath:

- Exodus 20:8-11
- Exodus 31:14-17
- Deuteronomy 5:12-15
- Jeremiah 17:22
- Nehemiah 13:19
- Mark 2:27
- Isaiah 58:13-14
- Hebrews 4:4
- Luke 6:1-11
- Leviticus 23:3

How do each of these Scriptures help to **define** and **illuminate** what accountability is and why it is important?

### Hearing (Discussion Points and Questions):

#### Overview:

The Sabbath is one day a week that God blesses and calls us to set aside for worship, rest, and play. The Sabbath should be seen as a joy and the pinnacle of our week, not simply a rule to be followed. Taking a Sabbath also allows us to break from the busyness of our week and focus on replenishment in our body, mind, soul, and spirit. Taking time each week to rest, play, and worship is an important rhythm for disciples' emotional health and spiritual growth. Taking time to disconnect from work and technology and reconnect with God and relationally with others is absolutely life giving.

There are not rules that specifically state which day of the week the Sabbath must be on. It should be a day that you can truly rest and set the day apart to the Lord. Try to get work and chores done beforehand so that you can fully be present in the rest you are taking. Set aside time to spend in prayer, worship, and the Scriptures alone and/or as a family. Listen to the Spirit of God. Take a nap. Do things that fill you and fall in the categories of rest, play and worship. Focus on creating uninterrupted time to simply be with the Lord instead of doing things for Him one day a week.

### **Questions for Learning and Living:**

- If someone asked you why taking a Sabbath is important, what would you tell them?
- What are some of the reasons that would warrant taking a Sabbath? What do you see in the Scriptures?
- What would you say to someone who says that there is no law for taking a Sabbath as a Christian?
- Discuss what type of Sabbath routine would you want to do. How often? How long? What would you do?

### **Questions for Reproducing:**

- What are some strategies and ways to help motivate others to Sabbath?
- What are the steps you would need to take to get them to create a rhythm of taking a Sabbath?
- How do you help to cultivate a passion and consistency of taking a Sabbath in the lives of others?
- What do you tell someone if they say they can't take an entire day to Sabbath? What plan could you create to get them to eventually be able to implement an entire day?

### **Doing (Implementation and Application):**

- What is Jesus saying to you about this?
- How are you going to respond? Look at your personal discipleship assessment.
  - Give 1-3 concrete action steps that you are going to do this week to help you take the next step of learning, living, or reproducing in this area.
- Choose one of the Scriptures that really impacted you and commit to memorizing it this week.