

Habits

ANCIENT PRACTICES FOR TODAY'S WORLD

OPENING UP



Do you ever feel as though you are missing out on the best things in life because of the tyranny of the urgent? How might a consistent rhythm of weekly rest change the way you live, work, and experience family life? Explain.

TEXT



The Peace of Sabbath | Luke 6:1-11

¹ On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. ² But some of the Pharisees said, "Why are you doing what is not lawful to do on the Sabbath?" ³ And Jesus answered them, "Have you not read what David did when he was hungry, he and those who were with him: ⁴ how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?" ⁵ And he said to them, "The Son of Man is lord of the Sabbath."

⁶ On another Sabbath, he entered the synagogue and was teaching, and a man was there whose right hand was withered. ⁷ And the scribes and the Pharisees watched him, to see whether he would heal on the Sabbath, so that they might find a reason to accuse him. ⁸ But he knew their thoughts, and he said to the man with the withered hand, "Come and stand here." And he rose and stood there. ⁹ And Jesus said to them, "I ask you, is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" ¹⁰ And after looking around at them all he said to him, "Stretch out your hand." And he did so, and his hand was restored. ¹¹ But they were filled with fury and discussed with one another what they might do to Jesus.

MESSAGE OUTLINE



Big Idea: Sabbath Helps Christ Followers Worship the Giver of Life and Rest in the Life He Gives

Sabbath is...

1. For the Worship of God
2. A Gift for God's People

DISCUSSION QUESTIONS



- Spend a few moments reading and reflecting on Genesis 2:2-3. What is the significance of God resting amidst His creative acts? How might this influence your thoughts on sabbath rest?
- Remembering a sabbath is well known as one of the 10 Commandments (Ex. 10:8-10). What is your perception of this portion of God's law? Do you see this as burdensome or a blessing? Explain.
- When Jesus declared "...the Son of Man is lord of the Sabbath," in Luke's Gospel, He was proclaiming his deity. What is the significance of Jesus' making this bold statement in the company of His accusers?
- Striving, hustling, working harder, and doing our best will never please a Holy and Righteous God. It is only by God's grace, through faith, that we are saved (Eph 2:8-9). How can regular sabbath rest model our dependence upon Jesus sacrificial work on the cross?
- Beyond the practical benefits of a regular sabbath (refreshment for body, mind, and soul), how might this spiritual practice influence our faith journey. Consider Hebrews 4:9-11.

CHALLENGE



Because sabbath rest is both for the worship of Almighty God and for the benefit of the believer—we should expect to grow deeper in our relationship with Christ and experience physical/emotional/intellectual benefits.

Consider two ways that practicing sabbath might positively impact the way you interact with your family, your friends, and your neighborhood.

PRAYER



Lord, thank you for being the Lord of the Sabbath. We acknowledge and proclaim your sovereignty over all. Help us to trust in your strength, your power, and your goodness. In the midst of life's joys and struggles, help us to find rest in you alone.

We pray that you would grant us a desire for sabbath rest. And we ask for the grace to practice sabbath rest in our weekly rhythms.

Meet with us, through the power of your Spirit, that we might experience deeper communion with You. We humbly ask that you would grant us physical, emotional, intellectual, and spiritual rest. Amen.