

February 3, 2019



Exodus 20:8-11

SERMON SUMMARY

⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

A busy life leaves no room for the source of life.

Work. Rest. Repeat.

- The Sabbath is in the **rhythm** of creation (Exodus 20:3-11)
 - Just as music doesn't flow or make sense when out of rhythm, our lives were created to be in rhythm, in sync with God.
 - The cadence of work is wired in us just as much as the need to eat and drink is wired in us
 - Productive work is creation-fulfilling. We imitate the rhythm God has set in place when he created: work for 6 days, rest for 1, work for 6 days, rest for 1...
 - Sabbath means “to crease, to rest, to reorient”
 - The Sabbath is holy: a time, a day set apart and distinct to worship God and rest
 - *How to determine if it's a Sabbath activity:*
 - *Is it rest?*
 - *Is it worship?*
- The Sabbath is a reminder of our **freedom** (Deuteronomy 5:12-15)
 - It was a redemption celebration for the people of Israel

February 3, 2019

- The Sabbath reminded the people that they are saying no to Pharaoh, no to slavery, no to Egypt—that way of life said their value is in what they produced. But rest is a by-product of freedom
- The slaves that we say yes to today when we don't rest
 - People (people-pleasing)
 - Production (doing)
 - More (more money, more vacation, etc)
 - Myself (if I don't do this today, things won't get done, the company won't be in the best place, etc)
- The Sabbath is a **gift** from God (Mark 2:23-28)
 - The end goal isn't for us to say, "I kept the Sabbath, look at me!" It's not an obligation to God, it's a gift from God.

How to Sabbath

1. **Plan** for it
 - a. Accomplish your list before your Sabbath, plan things for your family to do during the Sabbath
2. Turn off **distractions**
 - a. Ex. media, your email, etc
3. Go **slow**
4. Do not **work**
5. **Worship** and remember

DISCUSSION

Reminders for small group leaders:

- We want everyone to interact with God's Word. Please have Bibles available for students who don't have one. We have a limited amount of Bibles available at church, so remind your people to bring theirs if they have one. **Be sure to open up your Bibles together during small group!**
- Set aside a time to **pray** for each other during every POD. Try not to rush through this time as it's good to have people pray for each other.
- Regularly **recap** how your POD is doing with your co-leaders. Are you meeting your goals? How can you help your people grow in relationship with God and with each other? Is there anyone in your POD who needs encouragement, prayer, or a meeting with one of you this week?
- The teaching happened on Sunday at church. **The purpose of small groups is to ask two questions: 1) What is God saying to me in His Word?, 2) What is He asking me to do in response?** Your role is to help everyone answer these two questions so that God can do His work of transforming hearts and lives.

RECAP with your co-leader/REFLECT by yourself

- *What stood out to you/encouraged you/challenged you, etc from the message?*

February 3, 2019

- *What is the learning point and/or action point you want the people in your small group to leave with?*
- *How would you summarize the sermon in one or two sentences?*

QUESTIONS

Choose (if any) questions that would be good for your group to discuss, or make up your own!

Getting to know you

- How have you seen our culture celebrate busyness or productivity?
- Do you think there are different types of “rest”? Explain.
 - *Ex. Is watching Netflix all day true rest? Is sleeping all day true rest?*
 - How would you explain what true rest is/feels like? Where is it found?

Into the Bible

- **Read Exodus 20:8-11.** On Sunday, it was said Sabbath is a rhythm of work and rest that God invites us into to give us life. Do you currently have a rhythm of working then resting in God on a weekly basis? Or have you tried to establish a Sabbath rhythm? How has it affected your soul?
 - If not, what are obstacles that have prevented you from establishing a Sabbath rhythm in your life?
 - *Maybe it's that you didn't even know what a Sabbath was, or why it's important!*
 - How important are rhythms in our lives? What happens when life isn't in rhythm? How is it the same for our souls and our spiritual lives?
- **Read Deuteronomy 5:12-15.** It was also said that the Sabbath is a declaration of our redemption from slavery. What are the idols we say yes to when we don't rest?
 - *People (people-pleasing)*
 - *Production (doing more)*
 - *Wanting more (more money, more vacation, etc)*
 - *Myself (if I don't do this today, things won't get done, the company won't be in the best place, etc)*
 - Are any of these idols reasons why you have a difficult time truly resting in Jesus?

Application

- How is the Sabbath a gift from God?
 - *It's a reminder that Jesus has accomplished all the work, we don't need to earn our salvation*
 - *It's a reminder our value isn't found in what we do*
 - *It's gives us the rest that our human bodies and souls need, the rest that we're wired for*
 - *It's a reminder that we can trust God to be in control of all things; we don't need to always be doing*
- How would you explain to a brother or sister the importance of Sabbath?
- How would you explain to a brother or sister what is considered a Sabbath activity?
 - *Ask: Is it rest? Is it worship?*
- Brainstorm a 24-hour period that you can take a Sabbath this week. What are some activities you can do? Is there someone who you can ask to keep you accountable in finding real rest in Jesus this week?

February 3, 2019

PRAY

Ask the Holy Spirit to remind you to take Sabbath rest this week and why it's important (join in rhythm with Him and freedom from slavery), and for the courage to take this step of obedience

Ask God to reveal to you why you have difficulty taking rest in Him

ANNOUNCEMENTS

College students

See you at **Epic on Thursday night** at 7:30pm at MU13! **Anela Ornog** will be sharing her story of what Jesus has done in her life. This a great night to invite a friend, especially someone who hasn't been to Epic before!

All church

Sign up for the Peru Mountains mission trip, happening April 20-28. If you are interested or have questions, contact Doug Boddy at 541-223-3484 or visit grantavebc.org/missions.

Baptism Sunday is on March 10. If you are interested in being baptized or have questions, contact Pastor Bryan or Pastor Don or write it on your communication card on Sunday.

Women

Secret Sister Reveal Party will be tomorrow, February 4 at 6:30pm in the Welcome Center. Please bring a final gift for your Secret Sister. We'll also choose new Secret Sisters at the end of the party. If you would like to participate this year, bring a small gift to share with another newcomer. The survey is available at the Welcome Counter; please fill it out by February 4.

Men

The next Men's Fellowship will be on Tuesday, February 12 at 8pm in the Welcome Center. They'll be discussing Your Work Matters to God by Doug Sherman and William Hendrick. There will be donuts!