

092224

"An Invitation to Rest"

The Sabbath

Becca Singley

Matthew 11:28-30



Background

Join us this Sunday as we explore Jesus' invitation to rest in Him and how we might live in the rhythm of Sabbath.

Sermon Text: Matthew 11:28-30

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Discussion Questions

1. Preparation

- What is one thing you hoped to talk about today/tonight?
- What question(s) did you come away with from the sermon?
- What is the best thing you heard on Sunday?

2. Sunday Questions:

1. "Sabbath" means to cease or to stop work. It is part of the ten commandments. The Lord rested on the seventh day during creation, blessed the Sabbath day, and made it holy. God offered Israelites a rhythm to rest after they have come out of their long slavery in Egypt with little or no rest. How can we understand the importance of the rest God created through Sabbath?
2. Jesus does not reiterate the command to keep the Sabbath in the New Testament, he does offer an invitation to rest in Matthew 11. This rest is for those who are weary and heavy laden or burdened, to come to him and to find rest in him. Rest is not our reward for finishing a job well done. Jesus used his rest time to communicate his trust in his Heavenly Father - a trust that we reiterate from Jesus, when we practice rest. How can we trust God and rest in Jesus? Can you apply Becca's bucket illustration to your own life?
3. As people who live in the Bay Area, who have lives that are busy and full, we need to rest. How do we trust that God is in control of our world?
4. Becca listed four thoughts that frame a Sabbath practice for us. Consider the four thoughts of Sabbath rest and discuss how to practice each one in our lives.
 - a. Stop- Stopping to Sabbath is a dedicated change in our rhythm where our priorities shift from getting things done on our to do lists, to acknowledging that those lists will never fully be done and we need to take a break in the midst of it. And we stop with the knowledge that God is still caring for everything in our lives, he is still working even when we are not and we trust him with that.
 - b. Ask- Asking what we need to rest from. What in our bucket do we need to set down for a period of time?
 - c. Delight- What can we delight in that has been given to us from God? What are the things that bring us life? Can we find something to delight in each of the areas Jesus commanded us to love the Lord our God with- in our heart, in our soul, in our mind, and in our strength, when we are Sabbath-ing, essentially for our whole person?
 - d. Sabbath- To Sabbath is to take time to be holy. How can we spend time with our Holy God?
5. How can we sabbath for ourselves as well as sabbath together in a world that is weary and heavy laden? How might we model rest for others, especially young people who are the most anxious and stressed-out generation, and create a rhythm of sabbath in their lives?