

SESSION 8:

DOES SABBATH STILL MATTER TODAY?

- **Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes**
- **Session #8 Teaching: Does Sabbath still matter today?: 10 minutes**

Is it even possible to have a Sabbath rest TODAY?

In the world of busyness, 50-60+ hour work weeks, after work emails, calls, and texts, seem almost a necessity to pay rent and bills. Beyond the schedule of work, family and personal calendars find their place on top of it all. To take an entire day off is quite counter-cultural in a world that remains plugged in and at all times.

The Sabbath might look a little different for you. It is important to remember the heart behind God providing the Sabbath: "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). Jesus taught that God provided the Sabbath that man might rest from the stresses of life, and not simply for vain ritual.

In your life, Sabbath might mean avoiding emails on weekends or evenings, leaving your phone in another room during family time, or simply sitting down outside with no agenda. For those who work around-the-clock jobs, this might mean concentrating a set number of hours and dedicating them to rest, even if at this current time you cannot seem to designate 24 hours in a block. Take Sabbath seriously and start where you can. Maybe designate 24 hours for the whole week and space it out.

Ultimately, trust God and ask His help to dedicate 24 hours a week (whether spaced out or at once) to **rest** and **rejuvenate**. As you aim to turn these thoughts into action, spend time thinking on the promise of Jesus: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30). As you place more and more trust in God, and as you make a healthy spiritual life your priority, the cares and stresses of this world will become less important.

Use this prayer as an encouragement to observe the Sabbath and keep it holy:

Lord of the Sabbath, I admit that I have not always observed the Sabbath as I should have. You created the world in six days and rested on the seventh. I should do the same. I acknowledge that you have a plan for me and that the cares of tomorrow should not take priority above you. God, help me be a good servant of the time you have given me. Help me observe periods of rest. Help me to withdraw from a workaholic mindset that my culture perpetuates. Although it is important to work hard and do everything as if I was working for you, I should also withdraw and rest for you, and in your presence. Jesus, you withdrew from the crowds to spend time to pray. May I do the same with my work and my work week. Amen.

Small Group Discussion: 20 minutes

•If you haven't already, open up your calendar and make some margin TODAY! Make a commitment to one other person in your life that will help hold you accountable to take a Sabbath day each week.

•Pray the prayer below for YOURSELF!

Small Group Wrap-Up: 10 minutes

•What were the biggest take-aways and action items from your small group time?

•What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?

Prayer Time:

Say the prayer Cory prayed for you and your family...

Lord of the Sabbath, I admit that I have not always observed the Sabbath as I should have. You created the world in six days and rested on the seventh. I should do the same. I acknowledge that you have a plan for me and that the cares of tomorrow should not take priority above you. God, help me be a good servant of the time you have given me. Help me observe periods of rest. Help me to withdraw from a workaholic mindset that my culture perpetuates. Although it is important to work hard and do everything as if I was working for you, I should also withdraw and rest for you, and in your presence. Jesus, you withdrew from the crowds to spend time to pray. May I do the same with my work and my work week. Amen.

Discuss This Week's Homework: 5 minutes

SESSION #8

WK. 8 DEVO 1

Read Psalm 127

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #8

WK. 8 DEVO 2

Read Ecclesiastes 4

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #8

WK. 8 DEVO 3

Read John 5:16-30

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #8

WK. 8 DEVO 4

Read Matthew 11:25-30

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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