



## THE INVITATION TO REST

### A. What is a “Sabbath?”

1. It is the word for a \_\_\_\_\_ of creation that deals with our intrinsic need for rest and replenishment. (Genesis 1:1-2:3)
2. It is the word for a \_\_\_\_\_ that the nation of Israel was \_\_\_\_\_ to observe, as a sign of God’s legal covenant with them. (Exodus 31:12-17)

#### *Today’s Big Idea...*

The Sabbath is about \_\_\_\_\_ our \_\_\_\_\_  
and \_\_\_\_\_ our \_\_\_\_\_.

3. A key truth: while the dynamic behind the \_\_\_\_\_ applies to \_\_\_\_\_,  
the requirements tied to the \_\_\_\_\_ apply only to the nation of \_\_\_\_\_.  
(Romans 14:1-6; Galatians 4:9-11; Colossians 2:16-17; Hebrews 7:12)

#### ***What Does it Mean to Follow the “Sabbath Rest Principle?”***

It could look like intentionally setting aside a 24-hour period, every 7 days, for the purpose of recognizing that we are \_\_\_\_\_ people, and we are \_\_\_\_\_ people. (Mark 6:31)

### B. Why Do We Tend to Struggle with This?

1. Our addiction to busyness is often tied to one of the following sources:
  - a. An \_\_\_\_\_: we are running \_\_\_\_\_ something unhealthy.
  - b. A \_\_\_\_\_: we are running \_\_\_\_\_ something unhealthy.

***“Come to me, all you who are weary and burdened, and I will give you rest.”***

(Jesus, as quoted in Matthew 11:28)

### **C. How Can I Accept God’s Invitation to Rest?**

1. Weekly set aside a 24-hour period to focus upon the following:

- a. \_\_\_\_\_: Let go of the lie that you are \_\_\_\_\_ to the running of the world.
- b. \_\_\_\_\_: Engage in activities that \_\_\_\_\_ your body and soul.
- c. \_\_\_\_\_: Indulge in the miracle of life with \_\_\_\_\_.
- d. \_\_\_\_\_: Intentionally celebrate the \_\_\_\_\_ in your life.

For an insightful and highly practical discussion on living this out, read the chapter “Practice Sabbath Delight” in the book *“The Emotionally Healthy Leader”* by Peter Scazzero.

For a thorough scriptural investigation regarding the subject “Should Christians observe the Sabbath?” check out: [www.wordofhisgrace.org/wp/christian-sabbath](http://www.wordofhisgrace.org/wp/christian-sabbath).

## **TAKE YOUR NEXT STEP AT BROADWAY CHURCH**



### **SMALL GROUP DISCUSSION QUESTIONS**

1. What does Sabbath mean to you?
2. How has the principle of Sabbath been integrated into your life? Why or why not?
  3. What are your struggles with the invitation to rest?
4. What areas do you need to apply Sabbath rest to in your life this week?
  5. How will you set aside a 24-hour period of time for Sabbath?

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