**Adult Bible Class**

**GOD’S INVITATION TO REST**

**Invitations From God - Week Three – March 2022**

1. **The Principle of Sabbath – 24 Hours Every 7 Days**
2. **God’s Example – Genesis 21:2-3**

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

1. **God’s Creation Rhythms**
2. ***To Israel – A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Exodus 20:8-11***

The Sabbath was the word for a specific day the nation of Israel was commanded to observe, as a response to God covenant relationships with his people.

*“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but 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.*

1. ***To Us – An\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Hebrew 4:6-11***

Sabbath also refers to a principle of creation that deals with our intrinsic need for rest and replenishment.

*“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.* *Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.”*

1. **The Problem – Forgetting Who We Are**

***Symptoms of a Disordered Identity:***

* A 60-hour work week.
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ even when time is available.
* An identity that is attached to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, accomplishments, and achievements.
* The belief that resting is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* So ignoring the \_\_\_\_\_\_\_\_\_\_\_\_\_ about rest that you live from a perpetual state of depletion.
* The belief that everything rides on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* You live for your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and for you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **The Prescription – Pay Attention to Your Body & Soul**
2. Pay attention to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your life.
3. Pay attention to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your life.

***Tips for Taking Your Own Pulse:***

* Notice what my body is trying to tell me through headaches, irritability, upset stomach, insomnia, or other cures.
* Notice where I am trying to do everything on my own steam or in my own power. Where is my work grinding me down? Where is my joy being sucked away?
* Notice where you are emotionally flatlined or stuck and no longer growing in your life or relationships.
* Notice those places where ‘good enough’ could be good enough and stop there. (Groeschel – GETMO)
* Ask those you trust what they are noticing about how you are doing?

1. **The Practice – Creating Intentional Space**
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ — We cease from what we normally do throughout the week.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_— We rest with the delight of the work we’ve accomplished.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_— We celebrate the life we enjoy in Christ.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—We are to ponder the love of God. cv
6. **The Prospect – Shalom – Heath & Wholeness**

*A Sabbath heart is restful even in the midst of unrest and upheaval. It is attentive to the presence of God and others even in the welter of much coming and going, rising, and falling. It is still and knows God even when mountains fall into the sea. You will never enter the Sabbath day without a Sabbath heart.*  – Mark Buchannan

**“The Sabbath is about recognizing our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and revering our \_\_\_\_\_\_\_\_\_\_\_\_\_.”**

Answer Key: Pg. 1 -command, obeyed, invitation, received, inability to relax, work, waste of time, body’s cues, Pg. 2 – your shoulders, weekends, vacations, pace, habits, stop, rest, delight, contemplate, limitations, Lord.