

York St Small Groups Sermon Based Studies

SUNDAY 6th June 2021

Rhythms of Jesus: SABBATH



These studies are designed to be explored after hearing the Sunday sermon and also to be accompanied by a time of prayer/sharing.



To listen to this message again please head to the York St Website or download from iTunes.

Webpage: yorkst.com.au

GETTING STARTED

Q1. Is the practice of Sabbath new to you? Was it part of your upbringing? Did you grow up with any kind of negative understanding of it?

Q2. How does the idea of practicing Sabbath make you feel? Nervous about Sabbath being too legalistic? Skeptical about working this into your schedule? Full of anticipation for rest? Something entirely different?

INTO THE WORD

Read the following passages:-

Genesis 2:1-3 (Rest is built into the rhythm of creation)

Exodus 20: 8-11 ("Remember")

Deuteronomy 5:12-15 ("Observe")

Isaiah 58:13-14 ("Delight")

Q3. In his book *Subversive Sabbath* A.J. Swoboda writes:-
"Our road-weary exhausted churches have failed largely to integrate Sabbath into their lives as vital elements of Christian discipleship. It is not as though we do not love God – we love God deeply. We just do not know how to sit with God anymore...The result of our Sabbath amnesia is that we have become perhaps the most emotionally exhausted, psychologically overworked, spiritually malnourished people in history."

What is your response to this quote? Have we missed something as the church?

Andrea mentioned that the “system of Egypt” is still alive today (referring to the Deuteronomy passage). Our society is addicted to productivity, accumulation and accomplishment. We’re told to want more, buy more, have more, be more, do more. For the Israelites, Sabbath was a line in the sand that said “ENOUGH! We are no longer slaves.”

Q4. The message of Sabbath is you are free! What does that message mean to you personally? In what areas of life do you most need to experience freedom?

Q5. Can you identify areas of your own life where you have allowed your identity to be based on how well you do, how much you have, and what others say about you?

Q6. What are the rhythms of your life currently saying to the world around you?

Q7. How could practicing Sabbath be part of witnessing to your family, friends, or neighbours?

Look up these passages.

Mark 1:21-26

John 5:5-9

Mark 2:23-28

John 9:14

Mark 3:1-5

Luke 13:10-17

Q8. What do you think they show us about Jesus’ view of the Sabbath?

Q9. What would it look like for Jesus be Lord of both your work and rest?

GETTING PRACTICAL!

Read Hebrews 4:9-11

Q10. What arguments arise in the back of your mind that prevent you from “making every effort to enter his rest?” What answers would you like to give these arguments?

Q11. Where are you in terms of motivation to begin incorporating Sabbath into your life? What are the challenges and impossibilities particular to your situation? Where do you think it might be possible to at least make a beginning? What would have to change in your life for Sabbath to become a part of your practice?

Q12. What are some ways you could make your Sabbath day special? What could you do that would fill your soul with deep joy and bring you to a place of wonder, awe, gratitude and praise?

Pray

Spend some time in silence to hear what the Holy Spirit might be saying to you about the Sabbath. And then pray for each other, based on what they have shared and how the Holy Spirit guides.

Please note, there is also a guide to getting started with Sabbath available on our website, and from the church office. It includes loads of ideas, and recommended reading.