

I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

A. Review your class notes from Tuesday.

- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
- Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. PERSONALIZATION

Use these ideas and questions as a starting point for practicing the art of Sabbath Keeping:

A. IMITATION

- Jesus showed us that Sabbath is not about rule keeping but about radical obedience.
- Are there some Sabbath traditions that you learned from family, church, or our culture that may go beyond God's simple command to stop working one day out of seven?
- Insights:

B. LIBERATION

- We can rest not because we have earned it or deserve it or have finished our labors, but because God bought our freedom to rest.
- Are there some of your pursuits (works, places you invest) where you find it hard to stop? List them here:

- Prayerfully consider these questions:
 - What voices are driving you? Could they include guilt, fear, shame, lust, perfectionism, or the desire for approval?

 - Is it possible that you're trying to avoid what you will face if you get really still or quiet?
- Insights:

C. EXHALTATION

- One of the benefits of Sabbath is time to cultivate the kind of quiet heart that can truly enter into deep and rich times of worship.
- On a Sabbath in the near future, spend some extended time in God's presence by singing praises unto Him. Begin by declaring the truth that He is the only One who is powerful enough to establish the work of your feeble hands. Exalt Him because He is able to multiply your 6 days of work in such a way that you are safe to rest on the 7th day!
- Insights:

D. CESSATION

- Sabbath (which literally means “to stop”) teaches us to recognize, cultivate, and enjoy Kairos time.
- Think of the areas of your life where the devouring nature of Chronos time takes its biggest toll. Make a list of these places here:

- Bring each item on your list before the Lord in prayer. Ask Him to give you some tangible ways to fast from these pursuits on your upcoming Sabbath days.
- Insights:

E. REJUVENATION

- A life fraught with worry, hurry and stress is deadly: Ps 127:2 AMP--It is vain for you to rise up early, to take rest late, to eat the bread of [anxious] toil—for He gives [blessings] to His beloved in sleep.
- Do you believe that God will give you the things you need even while you sleep? Why or why not?

- In the places where you are currently toiling anxiously, are you willing to rest instead as you wait on Him and His provision?

- Insights:

F. RECREATION

- Recreation synonyms (Thesaurus.com)—diversion, entertainment, fling, frolic, lark, revelry, romp, spree, festivity, hilarity, merrymaking, picnic, game
- How does it make you feel to think about setting aside a chunk of time each week to pursue this type of recreational time?

- Can you get in touch with your excitement and/or objections? Take some time to pray and journal about these feelings:

- Insights:

G. RESTORATION

- God supplies us with a built-in cycle of work and rest: days/nights, weeks, seasons, and years. He intends for us to stop and rest regularly or we will burn ourselves out: Rom 12:11 MSG-- Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master.
- Ask your group leader and/or a prayer partner to seek the Lord with you about what it would look like for you to take a **personal** sabbatical sometime in the next year (think weekend alone with God, not family vacation). Brainstorm about potential times, places, and resources to that end as you pray for His provision:

- Consider also applying this idea to your busy family and marriage. Invite your spouse or family members to join you in asking God to provide this type of rest. Do some more brainstorming and praying as you seek God for His plan for you and your family:

- Insights:

H. EXPECTATION

- Sabbath rest is a foretaste of the perfect rest and joy that awaits us in heaven.
- Meditate on Is 58: 13-14 NLT-- Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Lord in everything you do, and don't follow your own desires or talk idly. If you do this, the Lord will be your delight. I will give you great honor and give you your full share of the inheritance I promised.

- Evaluate your practice of Sabbath keeping by taking note of the your joy level. Pursue those things that bring true joy and pure delight to your heart. Leave off those things that don't.
- Insights:

- I. Keep a written record of all that God is teaching you in your notebook or spiritual journal.