

WEEK THREE:  
SABBATH



SERIES BIG IDEA:

**Waste the haste: learn Jesus' \_\_\_\_\_ of life.**

**We must say no to \_\_\_\_\_ things in order to say yes to \_\_\_\_\_ things.**

*If anyone would come after me, he must deny himself and take up his cross and follow me.*

Mark 8:34 (NIV, 1984)

**Waste the haste challenge: Breathe.**

- **Daily: Read and pray scripture.**
- **Weekly: Sabbath with the Body of Christ.**
- **Weekly: Have a meaningful face-to-face conversation with a friend or group of friends.**

**Sabbath requires \_\_\_\_\_ from what \_\_\_\_\_ us from depending on God's provision, plan, protection.**

<sup>9</sup> There remains then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from his own work, just as God did from His. <sup>11</sup> Let us, therefore, make every effort to enter that rest.

Hebrews 4:9-11a (NIV, 1984)

**Mark 2:23-3:6**

- **Oral tradition before Jesus Christ: \_\_\_\_\_ of human religion. (Mark 2:24)**
- **Christ's law established through Jesus Christ's life, death, and resurrection: \_\_\_\_\_ of new life in Gospel of Jesus. (Mark 2:27)**
- **Purpose of oral tradition in religion: \_\_\_\_\_ of right standing. (Mark 3:6)**
- **Purpose of Jesus Christ's law in the Gospel: \_\_\_\_\_ of how to respond to the love of God by loving Him and others. (Mark 3:5)**
- **Jesus brought new \_\_\_\_\_ to an old \_\_\_\_\_.**
- **Jesus is the \_\_\_\_\_ of Sabbath law.**

*Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but fulfill them.*

Matthew 5:17 (NIV, 1984)

**Jesus is the \_\_\_\_\_ of deep rest.**

<sup>28</sup> Come to me, all who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.

Matthew 11:28-30 (NIV, 1984)

**Jesus is the \_\_\_\_\_ of life and in Him we discover the true purpose of Sabbath.**

TEACHING BIG IDEA:

**Sabbath is \_\_\_\_\_ to experience deep rest and deep peace.**

*So the Son of Man is Lord even of the Sabbath.*

Mark 2:28 (NIV, 1984)

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In community we can experience Sabbath rest as we gather to \_\_\_\_\_ Jesus, \_\_\_\_\_ each other, and \_\_\_\_\_ others to trust in the Lord of the Sabbath.

*<sup>23</sup> Let us hold unwaveringly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds. <sup>25</sup> Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching.*

Hebrews 10:23-25 (NIV, 1984)

We Sabbath with other Christ-followers weekly to breathe \_\_\_\_\_ and breathe \_\_\_\_\_ God's rhythm of rest.

We must choose to \_\_\_\_\_ from our labor and embrace the \_\_\_\_\_ of Sabbath.

**MY NOTES:**



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**TEACHING SUMMARY:**

When does a good thing become not so good?

This is a question we must wrestle with constantly. We must be ready to say no to good things in order to say yes to something greater God has in store.

A good thing stops being good when it becomes a priority in our life that pushes out the gifts of God and the rhythms He has given us so we can enjoy Him to the fullest.

God has given us the choice to engage in rhythms that will draw us closer into relationship with Him and provide us with a deep peace and deep rest. To engage in the rhythm of sabbath, we must cease activities that distract us from trusting in God's provision, God's plan, and God's protection.

Are you willing to listen to His prompting in order to say no to what you think are good things and embrace His gift of Sabbath rest to be restored, repaired, and replenished?

**TALK-IT-OVER:**

What activities in your life keep you from having a sabbath with God? How do these activities distract you from trusting in God's provision, plan, and protection?

What are you sacrificing that deserves more of your time, headspace, and efforts?

How can you submit an activity to Jesus—the Lord of the Sabbath—to trust in His provision, plan, and protection?

What is your next step?

Who do you need to tell about what you've learned?

**DAILY SCRIPTURE READING:**

- Day 1) 1 Psalm 62:5-8
- Day 2) Romans 6:5-14
- Day 3) Galatians 2:19-20
- Day 4) Matthew 12:1-13
- Day 5) Mark 8:34-38
- Day 6) Philippians 4:6-8