

## Sabbath

3/1/26- Pastor Joe Chambers

Mark 2:27-28, Exodus 20:8-11, Genesis 2:1-4, 3:17, John 1, Luke 9:30-31, Matt 17, John 8

**Connect:** Since Joe talked about music – what was your favorite music growing up? Do you make music a part of your life now, and is it the same music or different? Why or Why not?

**Engage:** Reread Exodus 20:8-11

What did you make of the statement by Eugene Peterson “There are people who do not want us to be free.” What does that look like?

What historically has been your understanding of the sabbath? See Exodus way journal 33-34.

Did you grow up practicing Sabbath? Was that experience positive or negative? Why is it so hard to rest?

“God had to write it in the law. He wants to spend time with us apart from performance. How are you doing with this? It is not a suggestion. Do you know who you are apart from what you do?

Why do we follow all the other commandments but have such a hard time following this one?

What do you think of the connect between Genesis 2:1-4 and Exodus 20:8-11?

What is chasing you and what are you chasing?

Rest is a sign of trust- Do you believe that? What would that look like in your life as a sign of trust to rest?

If Jesus could rest – why can't you?

What do you think of the connection between John 1 and Genesis 3 had you ever noticed that? How closely they are connected?

Jesus did the work so we would not have to – our salvation. How does that take the pressure off?

What god am I worshipping if I am overworking?

**Apply:** What is the invitation for you? Do you long for deep rest, if you do what rhythms do you need to put into place to rest deeply? What practices bring you life, that help you rest? Nature, Art, Music, Naps? What one practice can

you start this week to practice rest? Take the time to sit with the Wendell Berry Poem and maybe ask God to help you rest this week.

Peace of the Wild Things

Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.