



Pastor Derrick Shields “A Life Of Wholeness: Living Within Our Limits” 3/20/2022

Key Verses:

- Daniel 6:6-10; Exodus 20:8-11

Key Thoughts:

- Many of us feel overscheduled, have trouble saying yes to everything, constantly preoccupied, wake up tired, or don't feel like we have enough hours in the day.
- **“We live in a blizzard and few of us have a rope.” -Pete Scazzero**
- We can find the rope in two ancient disciplines that go back thousands of years.

Our Rope: Two Ancient Treasures

1. The Daily Office

- The Daily Office is something that helps us be with God throughout the day. Sometimes we meet with God in the morning, but then we don't find him again during the day and we're drained by the end of the day.
- The Daily Office helps us reset ourselves so that we can move forward.
- Elements of the Daily Office
 - i. Stopping – Doesn't matter how much or when we stop, just that we do.
 - ii. Centering – Psalm 37:7
 - iii. Silence – Silence (*the practice of quieting every inner and outer voice to attend to God*) and Solitude (*the practice of being absent from people and things to attend to God*) are two most radical disciplines in the Christian life” – Dallas Willard
 - iv. Scripture
- Daniel was a Hebrew during the time that they were taken into captivity by the Babylonians. Daniel 6 tells us that Daniel had a rhythm of spending time with God even before trouble came. It's because he did this that he survived the lion's den.

2. Sabbath-Keeping

- Sabbath comes from a Hebrew word that means to “cease”, to “stop working”. It's a 24-hour period in which we are to orient our entire lives as holy. When we observe a Sabbath, we imitate God by stopping our work and resting.
- Exodus 20:8-11 is the time that God initiated the law of keeping the Sabbath.
- Most of us don't Sabbath because the world tells us that we won't be able to produce what we need to if we take a Sabbath. But this is only us trying to be God.
- Principles of Biblical Sabbath
 - i. Stop – We have to do this in order to start. Sabbath is not dependent on our readiness to stop. We stop because it is time to stop. Sabbath requires surrender. If we only stop when we finish our work, we will never stop because our work is never done. Sabbath liberates us from the need to be finished.



- ii. Rest
- iii. Delight – Do we take time to delight in all that we see around us?
- iv. Contemplate – Do we contemplate the goodness of God?

Discussion Questions:

- What rope do you currently have hold on to in the blizzard of life?
- Pastor Derrick talked about how many of us don't observe Sabbath because of some sort of fear. What is your greatest fear in stopping for a 24-hour period?
- How can you begin to implement The Daily Office or Sabbath-Keeping in the rhythm of your life?