

# ICC Summer Study 2022

## Rhythms of Health: Choosing Less for More



(guide: *The Ruthless Elimination of Hurry* by John Mark Comer)

### Lesson Three – “Practice Two: Sabbath”

Lesson Outline:

- 1) \_\_\_\_\_ for the Sabbath
- 2) \_\_\_\_\_ the Sabbath
- 3) \_\_\_\_\_ the Sabbath

#### PART ONE: OUR NEED FOR THE SABBATH

- A Core \_\_\_\_\_: We live with chronically \_\_\_\_\_ desires.
  - “Tragically, we continue to chase after our desires ad infinitum. The result? A chronic state of restlessness or, worse, angst, anger, anxiety, disillusionment, depression—all of which lead to a life of hurry, a life of busyness, overload, shopping, materialism, careerism, a life of more...which in turn makes us even more restless. And the cycle spirals out of control.” JMC
  - Reflect: What would it take to feel satisfied?
- A Deep \_\_\_\_\_: We are a \_\_\_\_\_ people.
  - Desires are seemingly infinite. We are finite. The result: Restlessness.
  - “Human nature and our current culture form a foreboding alliance against a spirit of restfulness. We all struggle in this area. [...] And when our innate human restlessness collides with the digital age, the result is a culture-wide crisis of emotional \_\_\_\_\_ & spiritual \_\_\_\_\_.” JMC
- An Obvious \_\_\_\_\_: We need to bring our desires under \_\_\_\_\_.
  - “If at any point desire is no longer under our control and is instead \_\_\_\_\_ our lives, we’re in trouble. Because when you take a closer look at the dynamics of desire, you realize desire is one of those things that is never, ever satisfied.” John Mark Comer

- "You have made us for \_\_\_\_\_, and our heart is restless until it rests in you." Augustine

Questions:

- 1) As you consider a life of restfulness versus relentlessness, what do you notice?
- 2) Is there a practice from God to mitigate against the chronic restlessness of our condition and culture and to tap into Jesus' rest for our souls? \_\_\_\_\_,  
\_\_\_\_\_
- 3) Do you need it? Are you willing to learn to follow Him in it?

## PART TWO: UNDERSTANDING THE SABBATH

A Definition:

- "Sabbath" = "Shabbat" (Hebrew)
- Meaning: "An \_\_\_\_\_" / "A Day to \_\_\_\_\_"
  - Stop \_\_\_\_\_
  - Stop \_\_\_\_\_
  - Stop \_\_\_\_\_
  -

A Scriptural Exposition

1) The Example of \_\_\_\_\_

- Key Scripture: Mark 2:23-28
- Key Statement: "The \_\_\_\_\_ was made for \_\_\_\_\_, not \_\_\_\_\_ for the \_\_\_\_\_"
- Key Emphases:
  - For cultures of \_\_\_\_\_: "Not man for the Sabbath"
  - For cultures of \_\_\_\_\_: "The Sabbath was made for man"
- Key Lessons:
  - A) The Sabbath was \_\_\_\_\_ and \_\_\_\_\_ by God himself
  - B) The Sabbath was designed to be " \_\_\_\_\_" us, which means it is a \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_
  - C) Jesus \_\_\_\_\_, and calls us to learn after his way

## 2) The Example of \_\_\_\_\_

- Key Scripture: \_\_\_\_\_
- Key Statement: "So God \_\_\_\_\_ the seventh day and made it \_\_\_\_\_, because on it God rested from all his work that he had done in creation."
- Key Lessons:
  - A) God Himself \_\_\_\_\_!
    - Reflect: Stop and think about this. How does this challenge our excuses?
  
  - B) God built a \_\_\_\_\_ into the DNA of creation: \_\_\_\_\_
  
  - C) The Sabbath Day is \_\_\_\_\_ & \_\_\_\_\_
    - "Blessed"
      - In the Genesis story, there are three things blessed by God and given life-giving capacity:
        - Animal Kingdom – "be fruitful and multiply" (1:22)
        - Humanity – "be fruitful and multiply" (1:28)
        - Sabbath (2:3). (It can make life \_\_\_\_\_!)
    - "Holy"
      - Meaning: set apart , sanctified for God
      - There is an opportunity to experience more of God \_\_\_\_\_ in this day
    - Summary: When God rested, He created and designed a rhythm in creation of "six and one." When we live in this, we will experience more \_\_\_\_\_ and \_\_\_\_\_ of God.
- Reflect: What consequences do we realize when we fight this rhythm?

*"We all come back to the Sabbath, voluntarily or involuntarily. [...] Sabbath is coming for you, whether as \_\_\_\_\_ or \_\_\_\_\_." John Mark Comer*

### 3) The \_\_\_\_\_ of God

- Reflect: Isn't it odd that God eventually has to command the Sabbath? What is it about the human condition that resists it?
  
- Key Scripture: \_\_\_\_\_
- Key Statement: "the seventh day is a Sabbath \_\_\_\_\_"
- Interesting Observation: This commandment is \_\_\_\_\_ than all the rest
- Key Lessons:
  - A) We must \_\_\_\_\_ the Sabbath because we are prone to \_\_\_\_\_ (v.8)
    - Reflect: What are some things we need to remember?
  
  - B) The Sabbath is not just a day for \_\_\_\_\_; it's also a day for \_\_\_\_\_ (v.10)
    - Reflect: How are a "day off" and a "Sabbath day" different? How is it tempting to confuse the two?
  
    - Two Sabbath Priorities:
      - Rest – What helps you disconnect from \_\_\_\_\_ and pursue \_\_\_\_\_?
      - Worship – What helps us move our hearts toward grateful recognition of God's \_\_\_\_\_ and \_\_\_\_\_?
  
  - C) The Sabbath is the \_\_\_\_\_ of the people of God.
    - The Sabbath is the only one of the Ten Commandments with a "\_\_\_\_\_" behind it: God created it, designed it as a rhythm, and blessed it for you to live in \_\_\_\_\_

#### 4) The \_\_\_\_\_ of God

- Key Scripture: \_\_\_\_\_
- Key Statement: “You shall remember that you were a \_\_\_\_\_ in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. \_\_\_\_\_ the Lord your God commanded you to keep the Sabbath day.” (v. 15)
  
- Key Lessons:
  - A) We must \_\_\_\_\_ the Sabbath day, approaching it with \_\_\_\_\_.
    - Example: Like a once-a-week \_\_\_\_\_ celebration of all that is good with God and in the world
  
  - B) The Sabbath is given to us as an act of \_\_\_\_\_ against the world, along with its \_\_\_\_\_ and \_\_\_\_\_.
    - Note: In Exodus, the command is grounded in the \_\_\_\_\_ story. In Deuteronomy, the command is grounded in the \_\_\_\_\_ story.
      - Reflect: What is the distinction and significance?
  
  - C) The Sabbath is an amazing gift designed to allow you to live in the \_\_\_\_\_ of God
    - Sabbath is a life-giving practice that can break our addiction to \_\_\_\_\_ and \_\_\_\_\_ and free us to take time to enjoy what I \_\_\_\_\_ with God.

“True restfulness, though, is a form of awareness, a way of being in life. It is living ordinary life with a sense of ease, gratitude, appreciation, peace and prayer. We are restful when ordinary life is enough.” Ronald Rolheiser

## PART THREE: PRACTICING THE SABBATH

Five tips:

- Be \_\_\_\_\_
  - Practicing Sabbath takes intentionality – you need a \_\_\_\_\_!
  - “There is a discipline to the Sabbath that is really hard for a lot of us. It takes a lot of intentionality: it won’t just happen to you. It takes planning and preparation. It takes self-control, the capacity to say no to a list of good things so you can say yes to the best. But Sabbath is the primary discipline, or practice, by which we cultivate the spirit of restfulness in our lives as a whole.” John Mark Comer
- Be \_\_\_\_\_
  - To enjoy the Sabbath day, you have to \_\_\_\_\_ the other six days.
  - “It’s a spirit of restfulness that goes with you throughout your week. A way of living with “ease, gratitude, appreciation, peace, and prayer.” A way of working from rest, not for rest, with nothing to prove. A way of bearing fruit from abiding, not ambition.” John Mark Comer
- Be \_\_\_\_\_
  - “We must see the Sabbath as a delivery system for \_\_\_\_\_, not a fundamentalist shtick. We should eagerly anticipate the Sabbath being the best day (the climax) of our week, the day that sets the tone for the week.” John Mark Comer
- Be \_\_\_\_\_
  - The Sabbath will take you a little while to master. It’s something you do. It’s a skill that you hone. It is probably unfamiliar, so give yourself \_\_\_\_\_ and \_\_\_\_\_ as you begin to explore it.” John Mark Comer
- Be \_\_\_\_\_
  - Clear your \_\_\_\_\_
  - Turn off your \_\_\_\_\_
  - Ask God to \_\_\_\_\_ your Sabbath and pastor you in His presence
  - Rest and worship in ways that are \_\_\_\_\_ to your soul

*“And something happens about halfway through the day, something hard to put language to. It’s like my soul catches up to my body. Like some deep part of me that got beat up and drowned out by meetings and email and Twitter and relational conflict and the difficulty of life comes back to the surface of my heart. I feel free. Free from the need to do more, get more, be more. Free from the spirit—the evil, demonic spirit—of restlessness that enslaves our society. I feel another spirit, the Holy Spirit, of restful calm settle over my whole person. And I find that my ordinary life is enough.” John Mark Comer*