

Sermon Notes

Big Idea: All of life works in Rhythms. Some are healthy, some are frantic, and some are downright destructive. God designed His most precious creation (you!) to operate with a rhythm that leads to truth, peace, and growth. The decision to establish your own rhythm with God is the most important choice you can make with your life.

Your Rhythms dictate Your Results

We make choices every day that either strengthen or erode our relationship with God.

Genesis 2:1-3 (ESV)

Exodus 20:8-11 (ESV)

Mark 2:23-28 (NLT)

What if we were designed to work from our rest, instead of rest from our work?

Why you need a Sabbath:

- You need to Stop
- You need to Resist
- You need to Trust
- You need to Rest
- You need Margin
- You need Joy
- You need Life

Deuteronomy 5:15 (ESV)

God loves you for your being, not your doing.

What's a Rhythm of Rest Look Like?

- Set Aside 12-24 hours and week that are distinctly different than the others.
- Be sure it includes: NO WORK, Gratitude, Rest, Reflection, Joy

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) What is your initial response to the statement, "*We make choices every day that either strength or erode our relationship with God?*"
- 3) Which of the reasons for *Why you need a Sabbath* resonate with you the most? Explain.
- 4) Have you ever experienced a healthy season in life where you practiced a Sabbath? How about an unhealthy/legalistic season? Explain.
- 5) What's your plan to implement a Sabbath into your weekly rhythm?
- 6) Have you started a Bible Reading Plan this year, and are you engaged in the 21 Days of Prayer and Fasting? Share your plan/intent with others for accountability.