

SEQUOIA NOTES

Today's Sequoia Message...

Making Space for Sabbath

With Ryan Dawson - Lead Pastor

November 2, 2025



- In this age of anxiety & exhaustion Jesus offers a radically different way to live...

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” Matthew 11:28 (NLT)

- Sabbath is the weekly rhythm where we stop producing, stop striving, & rest in the truth that we are loved not for what we do, but for whose we are.

Mark 1:34-37 (NIV) Jesus healed many who had various diseases. He also drove out many demons... ³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: “Everyone is looking for you!”

- Jesus needed to make space for his soul!

Mark 2:23-28 (NLT) One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. ²⁴ But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?” ²⁵ Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? ²⁶ He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.” ²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath.”

- Sabbath was designed by God as a gift of grace to bless us.

- Sabbath is not being “finished” it is saying “I’m finished” for now.

- Sabbath is the counter formation to our age of exhaustion and anxiety.

Hebrews 4:6-11 (NLT) So God’s rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. ⁷ So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted: “Today when you hear his voice, don’t harden your hearts.” ⁸ Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. ⁹ So there is a special rest still waiting for the people of God. ¹⁰ For all who have entered into God’s rest have rested from their labours, just as God did after creating the world. ¹¹ So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

- Sabbath is a foretaste of our eternal salvation.

Big Idea: Make space for your soul by practicing Sabbath.

What does this look like in practice?

- Take time to stop, rest, be refreshed, delight, & worship.

Matthew 11:28-30 (MSG) “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

The Translation of the Bible Scriptures used today is the NewLiving Translation (NLT), The New International Version (NIV), and The Message (MSG).



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Making Space for Sabbath
#4 of 8 - November 2, 2025

Watch: Session 4 - The Practices of Practicing the Way
[https://app.rightnowmedia.org/en/player/video/867741?
session=867748&position=1421](https://app.rightnowmedia.org/en/player/video/867741?session=867748&position=1421)

- 1) What's your experience with the spiritual disciplines? What practices have you engaged with in your spiritual journey?
- 2) If the practices are the means, what do you understand the end of the spiritual life to be?
- 3) Who has most reflected God's love to you? Where did you see the life of Jesus at work in them?
- 4) Do you practice any kind of Sabbath or day of rest? Or is this a new discipline for you?

The Practice of Sabbath: Start small. If a full Sabbath day (24hrs) is too much for you, start with a Sabbath morning or afternoon. Set aside a few hours after church or early on a Saturday to embrace the four movements of Sabbath: stop, rest, delight, and worship.

Four things to keep in mind as you begin:

Begin by connecting with God. The Hebrew people called this "sanctifying the day," setting it aside from the other six days. You could light two candles, or pray a Psalm or share a meal or begin with Sunday worship at your church. But have a clear ritual or moment with God that *begins* and *ends* your Sabbath time.

If you can, spend part of the day with your family or friends who follow Jesus. You could throw a Sabbath meal or just spend unhurried time in conversation.

Do whatever makes you come alive in God. Nap, read poetry, play basketball with your kids. Pursue whatever activities make you feel joyful, rested, and alive to God; whatever it is you do that makes heart spontaneously burst into gratitude and worship.

Keep at it. Integrating Sabbath keeping into your life usually takes months or years, not weeks. Just start small and aim at joy.



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