WAVERLY COMMUNITY CHURCH

# DISCIPLESHIP & SPIRITUAL DISCIPLINES

## Week 9: Sabbath & Rest — Stopping to Remember

### 📖 INTRODUCTION

Sabbath is the only commandment that literally commands us to stop. To rest. To cease productivity. Our culture measures worth by what we accomplish. Sabbath says: No. Your worth isn't in your productivity. You're valuable simply because you exist. God rested on the seventh day not because he was tired, but to establish a rhythm: work and rest, striving and surrender.

### KEY SCRIPTURES

Exodus 20:8-11 | Mark 6:31 | Deuteronomy 5:12-15 | Psalm 23:2-3

### SCRIPTURE BREAKDOWN

The commandment to remember the Sabbath comes in the ten commandments . It's not a nice idea; it's as core as "don't murder" or "don't steal." God established a rhythm: six days of work, one day of rest. He modeled this in creation. And he embedded it in law because we won't do it naturally, especially in cultures that glorify busyness.

Jesus tells his disciples, "Come with me by yourselves to a quiet place and get some rest." They'd been so busy that they didn't even have time to eat. Jesus's response? Stop. Rest. You're no good to anyone, to God, to others, if you're burned out.

Deuteronomy's version of the Sabbath command includes this reason: "Remember that you were slaves in Egypt and the Lord your God brought you out of there... Therefore the Lord your God has commanded you to observe the Sabbath day." Sabbath is freedom. It's a break from the tyranny of productivity.

David writes about the shepherd leading sheep to quiet waters and green pastures, restoring the soul. Rest isn't laziness. It's restoration. Your soul needs it. Your body needs it. Your relationships need it. Without rest, you run on fumes. With it, you're renewed.

### 💭 DISCUSSION QUESTIONS

1. How do you feel about stopping, even for a day? What anxiety comes up?

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2. Sabbath is one of the Ten Commandments. Why do you think God made rest that important?

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3. Jesus stepped away from ministry to rest. What does that teach us about sustainable rhythms?

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4. Deuteronomy ties Sabbath to freedom from slavery. How is rest connected to freedom?

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5. What would a true sabbath look like for you? What would need to stop?

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## 💡 APPLICATION

Sabbath is a countercultural act. Our economy depends on your constant consumption and productivity. Sabbath says no. One day a week, you're not producing, not buying, not striving. You're simply being. You're reminding yourself that you're not a machine—you're a human with limits and needs.

Sabbath involves intentionality. It's not just sleeping in. It's deliberately stepping out of productivity mode. Some people practice this through church, meals, walks, games, prayer. It looks different for everyone. What matters is that it's protective time—time you're not negotiating away for the next project.

The gift of Sabbath is perspective. After a day of rest, Monday morning hits different. You remember what you're working for. You remember that your to-do list isn't your identity. You return to work more human, more grateful, more grounded. Sabbath isn't time lost; it's time that enables everything else to be fruitful.

## APPLICATION QUESTIONS

1. What would prevent you from taking a weekly sabbath? Be honest.

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2. What activities actually restore you? What feels like rest to you personally?

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3. What would you need to stop doing or saying no to in order to protect a sabbath day?

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4. If you took one full day without work or planning, what fears come up? Why?

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5. Which day this week could you choose to truly stop and rest?

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## 🎯 WEEKLY CHALLENGE

This week, practice Sabbath. Choose the day you identified in question 5 (doesn't have to be Sunday). From sundown to sundown, or morning to morning, however you want to frame it. Don't work. Don't check email. Don't plan. Do something that actually restores you, a meal, a walk, time playing, conversation, prayer. How did it feel to truly stop? What came up for you? What did you remember about what matters?