



WELCOME TO THE

table



FOR ME

Practices of Grace from the Giver of Grace



The Discipline of Sabbath

10 symptoms of Hurry Sickness (John Mark Comer)

1. *Irritability* – You get mad, frustrated, or just annoyed way too easily. Little, normal things irk you. People must tiptoe around your ongoing low-grade negativity, if not anger.



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2. *Hypersensitivity* – All it takes is a minor comment to hurt your feelings, a grumpy email to set you off, or a little turn of events to throw you into an emotional funk and ruin your day. Minor things quickly escalate to major emotional events.



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3. *Restlessness* – When you actually do try to slow down and rest, you can't relax. You give Sabbath a try, and you hate it. You read Scripture but find it boring. You have quiet time with God but can't focus your mind. You go to bed early but toss and turn with anxiety. You watch TV but simultaneously check your phone, fold laundry, and get into a spat on Twitter.



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4. *Workaholism* – You just don't know when to stop. Or worse, you can't stop. Another hour, another day, another week. Your drugs of choice are accomplishment and accumulation.



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5. *Emotional Numbness* – You just don't have the capacity to feel another's pain. Or your own pain for that matter. Empathy is a rare feeling for you. You just don't have time for it.



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6. *Out of order priorities* – You feel disconnected from your identity and calling. You're always getting sucked into the tyranny of the urgent, not the important. Your life is reactive, not proactive. You're busier than ever before yet still feel like you don't have time for what really matters to you.



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7. *Lack of care for your body* – You don't have time for the basics: eight hours of sleep a night, daily exercise, healthy, home cooked food; minimal stimulants; margin. You gain weight. Get sick multiple times a year. Regularly wake up tired. Don't sleep well.



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8. *Escapist behaviors* – When we're too tired to do what's actually life giving for our souls, we each turn to our distraction of choice: overeating, overdrinking, binge- watching Netflix, browsing social media, surfing the web, looking at porn – name your preferred narcotic.



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9. *Slippage or spiritual disciplines* – things that are truly life giving for your soul are the first to go such as quiet time in the morning, Scripture, prayer, Sabbath, worship on Sunday, a meal with your community, and so on.



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10. *Isolation* – You feel disconnected from God, others and your own soul. On the rare times you actually stop to pray you're so stressed and distracted that your mind can't settle down long enough to enjoy the Father's company. Same with your friends: when you're with them, you're also a million miles away in your mind, running down the to-do list. And even when you're alone, you come face to face with the void that your soul and immediately run back to the familiar groove of busyness and digital distraction.



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“Not only does hurry keep us from the love, joy, and peace of the kingdom of God – the very core of what all human beings crave —but it also keeps us from God himself simply by stealing our attention. And with hurry, we always lose more than we gain.”

– John Mark Comer



What is Sabbath?

The word Sabbath comes to us from the Hebrew Shabbat. The word literally means “to stop”. The Sabbath is simply a day to stop.



The Discipline of Sabbath

2 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it **God rested** from all his work that he had done in creation.

–Gen. 2:1-3

Sabbath = Delight



The Discipline of Sabbath

11 For in six days the LORD made heaven and earth, the sea, and all that is in them, and **rested** on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

–Ex. 20:11

A day off is doing what I want. Sabbath is doing what I **need**.



How Do I Sabbath?

Anything that reorients your heart toward grateful recognition of God's reality and goodness is fare game on the Sabbath.

“The Sabbath was made for man, not man for the Sabbath.”

–Mark 2:27





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