



## Gospel Community Notes & Questions

**Title:** The Practice of Sabbath

**Text:** Luke 13:10-17

**Theme:** Sabbath is the regular practice of pause, specifically to express our rest and delight in God.

**Teaching Notes:** In modern America, there's no such thing as Sabbath. There's no real rest – certainly no intentional rest in Christ. We just run from one thing to another. God gives us a better way. In his wisdom, we were given the rhythm of work and rest long before sin entered the world. And we're even told why we should rest and what we should do with our rest.

### Outline:

#### 1. The Pattern of Sabbath.

- We rest because God rested – and built it into the rhythm of our week.

#### 2. The Purpose of Sabbath.

- a. To reflect on and delight in God and his good gifts.
- b. To signify our dependence on God's grace rather than our performance.
- c. To declare our trust in God's provision.
- d. To celebrate our freedom in Christ from every form of slavery.
- e. To be a foretaste of future glory in the presence of God.

#### 3. The Prototype of Generosity.

- a. Jesus worshiped and taught on the Sabbath.
- b. Jesus healed on the Sabbath.
- c. Jesus feasted on the Sabbath.
- d. Jesus relativized the Sabbath.

#### 4. The Pressures against Sabbath.

- a. The internal pressure of insatiable desires.
- b. The external pressure of cultural norms.

#### 5. The Practice of Sabbath.

- a. Do adhere to a regular rhythm of work and rest.
- b. Do not do your regular business during Sabbath.
- c. Do look for ways to practice the biblical purposes of rest.



**Questions to explore individually and with your group:**

1. What is Sabbath rest, in your own words? How would you change or add to your idea of Sabbath rest after this message?
2. How do you observe Sabbath rest now? When? How often? For how long? What does your rest typically involve that is restful for your heart, soul, mind, and body? What do you consciously exclude?
3. How do you feel about the idea of Sabbath rest? What are your primary emotional reactions to ceasing from doing your own business in order to deliberately rest? Why do you think you feel that way?
4. Of the five purposes of Sabbath reviewed in the message, which one(s) resonate with you the most? Which is/are easiest to think of practical ways to celebrate? Share some of those practices!
5. If you were simply imitating the way Jesus spent his Sabbaths, what could that look like? (Be as specific and actionable as possible.)
6. What do you think are some of the main underlying reasons why our culture skips Sabbath rest week after week, month after month? Address both heart reasons and cultural reasons why you think we're all so "busy." What are some adverse effects of this busyness?
7. What factors and motives drive your own personal busyness?
8. List the 3 things that take the most of your waking hours. Imagine you lost those 3 things entirely. Who are you without them? How do these things disrupt the practice of Sabbath for you?
9. If you mostly work with your body, then rest your body. If you mostly work with your mind, then rest your mind. How could you practice this general rule of thumb? What else are you usually doing that could use a break when you rest?
10. What's one practical, specific thing you'll do with the message this week?