

5. A possible Sabbath Day

- Saturday day- prepare- paper plates, frozen meals, crock pot, get house & heart ready, finish necessary errands
- Saturday evening- light a candle, have a special meal, family devotional, relax, enjoy the evening, date night, family night
- Sunday morning- family breakfast, worship, church
- Sunday afternoon- lunch, nap, read, walk, enjoy, visit, call, write, random act of kindness – lonely, needy, sick
- Sunday evening- special meal, look over coming week

A BIG QUESTION- Why didn't God command the Sabbath in Genesis 2?

1. A special word- _____ - occurs 1556x

Gen 3:8	Gen 17:1
Gen 5:22-24	Lk 4:16
Gen 6:9	I Jn 2:4

2. God begins, not by commanding, but i_____!

- "Taking a Sabbath is more than a rest from the weary world, it is a bridge into the kingdom of God." Elizabeth Ross
- Check out John Eldridge Podcast, "Healing Rhythms" - how to slow down and connect with Jesus. 5 episodes. Give it a listen if you are interested. He leads you through some great prayer experiences, especially in Episode 4. And thank Matt Riordan if it blesses you.
<https://wildatheart.org/rhplay/podcast/wild-heart/healing-rhythms-part-1>

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others!

Heavenly Father, slow me down. Help me learn to love, and stop treating myself and others like a machine. Thank you for the invitation to take a weekly sabbath rest. What a gift! Show me how. All so that, I become more like Jesus and bring more to Jesus. I especially hear You saying, ...

FOLLOWING RABBI JESUS- SABBATH, Gen 1:1-2:3, 10/16/22

GETTING OUR FEET WET- What were we made for?

- M_____
- R_____
- R_____

DIVING INTO SCRIPTURE- Genesis 1:1-2:3

A. What does God's Creation Story tell us?

1. God m_____ it all
2. God is showing us how to w_____
3. God is showing us how to r_____
4. God is showing us how to mark time
 - D_____ - evening & morning (6 times)
 - W_____ - the 7th day- 2:2-3
 - S_____ & years – 1:14

B. How does the Sabbath help us get what we are made for?

1. MORE

- You will p_____ more- Isa 58:14
- You will e_____ more of what you produce

2. REST

- For the d_____
- For the w_____
- For your l_____
- For your entire b_____ - physically, emotionally, spiritually

3. RELATIONSHIP

- With people
- With God

PRACTICAL STEPS

1. Choose who do you want to be your model? (Who knows best & loves you most?)

- S_____
- S_____
- S_____ - Lk 4:16

2. Make Sunday (or another day) God's special day and yours. Ask, what would be your most delightful day? Like Christmas.

3. Pass every activity through this 4-fold grid. Does it help me... (& if not, do it on one of the other 6 days)

<p>STOP</p> <ul style="list-style-type: none"> • Working- job, chores, errands • Worrying • Wanting (shopping, buying) • Technology- unplug • Do the minimum 	<p>DELIGHT</p> <ul style="list-style-type: none"> • Special meal • Nature- leisurely walk • Family, friends • Music • Do what gives you life, joy • Bring joy to others- nursing home, needy, lonely, sick, random act of kindness
<p>REST</p> <ul style="list-style-type: none"> • Sleep, nap • Silence, solitude, slowing • Relaxing- sit, bathe, snuggle 	<p>WORSHIP</p> <ul style="list-style-type: none"> • Church • Personal prayer, Bible, journal • Family devotions

4. Start where you are- maybe 5 hours, shooting for 24