

**Message notes for 1.3.21**  
**Series: God in My Everything**  
**Message title: Sabbath**

*Introduction to the series: Why spiritual disciplines?*

- *Abide in me* (John 15:4-5)
- Benefits of spiritual disciplines
- Answering an objection
- A series resource: *God in My Everything* (Ken Shigematsu)

*Intro to the message*

- Art meditation: *Le Repos* (Picasso)
- The blizzard and the rope

*Starting places*

- Genesis 2:2-3 - ...on the seventh day [God] rested from all his work. Then God blessed the seventh day and made it holy... Why?
- Exodus 20:8-11 – *We are commanded to remember the sabbath day by keeping it holy. How?*

*A moment for personal reflection:*

*Deeper purposes of the Sabbath*

- Mark 2:23-28 – *The Sabbath was made for people, not people for the Sabbath. What does this mean?*
- Hebrews 4:9-11 – *There remains... a Sabbath-rest for the people of God.... Let us make every effort to enter that rest, so that no one will perish...*

*A couple of important promises connected to Sabbath*

- Ezekiel 20:19-20 – The LORD commands us to *keep my Sabbaths holy... why?*
- Isaiah 58:13-14 – We are instructed to *call the Sabbath a delight and the LORD's holy day honorable, to honor it by not going our own way and not doing as we please. Why?*

*Features of a Sabbath (from Emotionally Healthy Spirituality, Peter Scazzero)*

- Stop
- Rest
- Delight
- Contemplate

The goal:

*Claiming the promises*

- Planning: Making the Sabbath a priority.
- Activities to include/not include
- Purpose to start!