

Message Outline
Word of the Year—Part 2
Heb. 4:9-13, Mt.11:28-30



Intro: A new Word for 2019: Sabbath rest!!!

- A Word for the pacing of life...
- Last week...
 - 1) It's a R_____ (Ex.20:8-11)
 - 2) It's a R_____ (Gen.2:2, Lev.23)
 - 3) The R_____ (Mk.2:23-28)
- The human person designed for the “plug-in” of Sabbath rest...
- Benefits of Sabbath...

R&R according to Scripture

- 1) C_____ (Gen.2:2)
 - Sabbath means to cease/rest...
 - Ceasing is so hard because it hits at human pride...too important to stop?!!
- 2) C_____ (Sacred Assembly: Lev.23:3)
 - Something about being in worship that does a work on us...
 - The posture of Sabbath pacing is “to the LORD your God” (Ex.20:10).
- 3) C_____ (Lev.25)
 - What are some freeing things that recreate and replenish the soil of your life?
 - Jesus' use on Sabbath to do good and bring healing (Lk.6:6ff., 14:1ff.)...
- 4) C_____ (Gen.2:2)
 - Finding rhythm to God's ordering of work and rest on daily and weekly cycle...
 - 1 day a week and 1/3 of every day dedicated to rest...
- 5) C_____ to C_____ (Mt.11:28-30)
 - Rest found in Jesus...



Small Group Reflection Questions
(Please take time to ponder and pencil in to prep for this week's small group session.)

Read: Acts 10-11

**What do you observe about the early church in Acts?*

**What spoke to you this past Sunday (ie. what made you laugh, learn, look deeper at life etc.)?*

**What is the best thing you were able to do over the holidays? What did you miss most about small groups over the break?*

**If you were given one word to describe the pace of your life, which word would you choose? Why?*

**What most sets the pace for your life (ie. work, kids, sports schedules etc.)?*

**My idea for a great “Day Off” would be...*

**What makes Sabbath different than just a “Day Off”? Why do you think God gave Sabbath to us?*

**What makes it so difficult to keep the Sabbath today?*

**If you were to keep Sabbath, how would the rest of your week need to change?*