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BENEATH THE SURFACE

WEEK 2 | PRESS THE PAUSE BUTTON

PRAYER

Lord, please guide us today in this discussion and help us to see how we can slow down better for loving union with you. Help us to understand the gift of Sabbath and getting to spend time with you in worship and rest. In Jesus' name, Amen.

WARM UP

(OPTIONAL)

When finishing a work or personal project, do you take time to stand back and reflect on the completed work to celebrate it? What do you enjoy about it?

NOTES

WORD

³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

[Genesis 1:31](#) (ESV)

¹ 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.

[Genesis 2:1-3](#) (ESV)

⁸ Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it, you shall not do any work; you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 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.

[Exodus 20:8-11](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (1 = not having a Sabbath at all and feeling overwhelmed, 10 = having a Sabbath in line with the framework below), how well do you currently Sabbath? Why did you score yourself this way?
 - Stopping all paid/unpaid work
 - Resting physically and emotionally
 - Delighting in God, his creation and gifts, and experiencing joy
 - Contemplating God by drawing closer to him.
2. A Biblical Sabbath is a 24-hour block with the above framework. What obstacles might you face in taking this time out, and what measures can you take to prevent these obstacles from getting in the way of your Sabbath?

3. In his book, *The Emotionally Healthy Leader*, Peter Scazzero notes this about Jesus: "He slowed down to ensure he was in sync with God - that he was in the Father and the Father was in him, powerfully filling every crevice of his body, mind and spirit. In routinely stepping away from his active work, he entrusted the outcome of his circumstances, problems, and ministry to the Father. And as a result, every action Jesus took was rooted in a place of deep rested and centredness out of his relationship with God." What can we learn from the example Jesus gave us?
4. In Exodus 20:8, we are called to, "Remember the Sabbath day, to keep it holy." What do you think it means to keep the Sabbath holy?
5. If you have recently slowed down for loving union with God, what was the outcome and how did it refresh you? What did God reveal to you during this time?

PRAYER LIST