

# jesus people

WITH KEN SHIGEMATSU

## Sabbath: Rest for Body & Soul

### APPETIZER: The Gift of Sabbath

Mark 2:27

- God created a rhythm of rest and modelled it for us
- We don't earn Sabbath – we receive it as a gift

### DINE IN: Sabbath Requires Surrender

Exodus 20:8-11

- Our work is never done
- We are loved because we exist, not because of what we do

God speaks and works while we are resting...

- Eve is created from Adam while he is asleep
- Solomon receives his legendary wisdom in his sleep
- Joseph is told by an angel in his sleep to believe Mary
- Pilot's wife is warned in a dream not to kill Jesus
- God shows Peter while he is asleep that the Gentiles should not be called impure or unclean
- God rescues Peter from jail while he is sleeping
- God tells Paul at night that it is safe to stay in Corinth



### TAKE OUT: Play and Pray

For Sabbath play, ask yourself these two questions:

1. What makes you come alive?
2. What gives you unfettered joy?

Whatever makes you come alive over time is a spiritual practice even if it doesn't seem very religious.

In order to deeply rest, at the level of our soul, we need to pray.

- We need to awaken to the reality that our life is being carried by our Maker

Acts 17:28

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## Home Church Questions

### HANGOUT [Warming Up to the Topic – in one Large Group]

1. First review Sunday's message, then talk about what stood out to you – whether lessons learned or lingering questions.
2. Depending on your spiritual background, what, if anything, were you taught about observing the Sabbath? Share your experiences with each other.

### HEAR [Listening to God through Scripture – in Discussion Groups]

3. Read **Matthew 12: 1-13**
  - a. What verse or idea stands out to you? Why?
  - b. Is Jesus deliberately disobeying Mosaic law in this passage by harvesting grain and healing the sick? Use a study bible to find passages of Scripture that the Pharisees would be following when they accused Jesus of being unlawful.
  - c. In verse 3, Jesus uses the example of priests working on the Sabbath as an exemption that also applies to his disciples. Read **1 Peter 2:5-9**. As disciples of Jesus, in what ways do we perform priestly duties? How does this apply to your rhythm of Sabbath?
  - d. When Jesus quotes **Hosea 6:6** in verse 7, he states that they do not understand the meaning of the verse. What would they have understood this passage to mean vs, what Jesus is teaching them?

### HUDDLE [Making It Personal and Praying Together – in Huddles]

4. Use your regular huddle questions to talk about your lives and to prepare you to pray for each other. (If you haven't already, remember to exchange contact information and arrange a time to talk, in person or on the phone.)

*January 1/January 8, 2017 // @KenShigematsu*

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## Quotes

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence.  
~ Thomas Merton

The golden rule of the Sabbath is to cease from what is necessary, and to embrace what gives life.  
~ Mark Buchanan

The glory of God is a human being fully alive.  
~ Irenaeus

Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy  
~ The Ten Commandments

The Sabbath was made for man, not man for the Sabbath.  
~ Jesus