

SABBATH REST

There is no quick fix

- Acknowledge where we are – some feel fine, others may be struggling to put one foot in front of the other. Wherever you are, it is okay. (slide)
- Be gentler with ourselves – (slide) “Your Best...”
- Be gentler with each other – (slide) – what is our posture?
- Everyone – how to submit to God and let Him help us find that rhythm

What is this sabbath rest?

- Not one day, but continual resting in Jesus.
- Much like Matthew 11:28, “*Come to me, all you who are weary and heavy-laden, and I will give you rest.*”

Why is the sabbath rest important?

- Instead of relying on our blood, sweat, and tears, we allow God to work through us
- Philippians 4:13, “I can do all things through Christ who gives me strength.” We can do what *God wants us to do*.
- Counter-cultural – we are trained from a young age to pull ourselves up by our bootstraps” or “just get ‘er done.”

How do we enter this sabbath rest?

- Admit that life is not about us or others, but about what God wants
- Externals – what or who are we listening to that emphasizes doing everything on our own?
- Internals – what do we believe about achievement, success? What do we believe our purpose is?
- Practice being at rest throughout the day

ENTERING INTO SABBATH REST

Ask ourselves...

- What or who am I listening to?
- What do I believe about achievement, success?
- What do we believe my purpose is?

Prayer...www.christian-faith.com/prayer-to-abide

Lord Jesus, you have commanded us and given us grace to love one another as you loved us. As we do this, we will abide in you, and you in us. Otherwise we cannot bear fruit. Apart from you we can do nothing. You have made a way for us. You have poured out your love in our hearts by the Holy Spirit, and we can remain in your love. We thank you that through you we will bear much fruit. (Romans 5:5; John 15:4,5)

Lord, help us remain in you, and give us spiritual hunger that your living words remain in our hearts. We thank you for working this, and we thank you that whatever we desire we will ask, and it shall be done for us. (John 15:7).

Lord, keep us in your love, which is as great as the love between you and the Father. (John 15:9)