

MEETING JESUS: SABBATH REST

Readings:

Luke 6:1–11; Matthew 11:28–30; Luke 10:38–42; Exodus 20:8–11

Health check:

Are you rested? Are you helping your family to rest? Are you helping your colleagues to rest?

Have you got into behaviours/attitudes that are depleting you?

(E.g., addictive/escapist behaviour such as alcohol; internet addiction of different types – Instagram, Facebook, Pinterest, porn; overeating, overworking, over-exercising/undercreating, underworking, under-exercising; poor sleep, etc.)

Bible & Sabbath:

What do you notice about the command/gift given about the Sabbath?

How does the concept of yoke help to think about Sabbath rest?

What do you learn about rest from Jesus' encounter with Mary & Martha?

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Threats to Sabbath:

How did the threats to Sabbath rest ring true?

Which do you find most difficult to resist and why?

- **Incessant bricklaying** – the pursuit of productivity, wealth & status, yoke of slavery to a system
- **Busyness** – competing commitments, hectic jobs, no time out.
- **Pandemic** – magnifying glass on existing challenges, harder to switch off, grief, isolation.

Filling your depleted tank:

Talk about how you can fill up where you are depleted. Share wisdom together of what has worked for you in the past and how you can make some practical changes to ensure you don't get empty again any time soon.

- 1.Connection to God
- 2.Relationships
- 3.Satisfying work
- 4.Relaxation
- 5.Health

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Prayer:

Use the Sabbath prayer together.
Pray about the primary pressure point/threat you each are facing in the next week/month to being rested.

SABBATH PRAYER

May this day bring Sabbath rest
to my heart and my home.

May God's image in me be restored,
and my imagination in God be re-storied.

May the gravity of material things be lightened
and the relativity of time slow down.

May I know the grace to embrace my own finite smallness
in the arms of God's infinite greatness.

May God's word feed me
and his Spirit lead me
into the week
and into the life to come.

Amen.

Pete Greig, 24-7 Prayer & Lectio 365 App.