

## Get Real About Valuing Yourself (Week 6)

VISION - On Sunday, Mark continues the Get Real series by talking about rest and the Sabbath, the role it plays in the Christian's life, and how that might play out today. He shared about learning to live in the yoke and rhythm of Jesus (Matthew 11:28-30) by looking both at the creation story (Genesis 1 and 2) as well as the command to practice the Sabbath (Exodus 20).

SCRIPTURE - Matthew 11:28-30, Exodus 20:8-11

DISCUSSION -

1. Read Matthew 11:28-30. Mark shared that rest is found in a Person, Jesus, and also experienced by learning to live in Jesus' yoke. What is a yoke, and what does it mean to live in "Jesus' yoke."
2. Mark shared that one of the main ways we see the yoke of God throughout scripture is through the concept of the Sabbath. Read Exodus 20:8-11. We see clearly in this passage (and Genesis 1-2) that God both worked hard and rested. What are the implications of a God that works and rests?
3. Mark shared the Hebrew word for Sabbath (shabbat), means "to stop, cease, or delight." We see a number of descriptors about Sabbath, this stopping, here in the Exodus passage. One of those is that it is a holy day, or set apart, to delight in the Lord and His creation. Whether it is a day or a period of time, what might be the difference between a holy day of worship or a day off?
4. Mark shared that while the binding command to Sabbath on a certain day or as a part of our righteousness has been fulfilled through Christ, the wisdom of the principle and invitation from the Lord remains. It's important that we understand how the Pharisees used this as an exhausting law rather than a gift to mankind, as illustrated in Jesus' statement, "man was not made for the Sabbath, but Sabbath for the man" (Mark 2:27). Why is it important that we see Sabbath as an invitational gift that's good rather than an oppressive list of things you can't do that's bad?
  - i. I love John Piper's quote here: "So Jesus didn't come to abolish the sabbath, but to dig it out from under the mountain of legalistic sediment, and to give it to us again as a blessing rather than a burden."
5. Mark encouraged us to start "ceasing" or Sabbathing somewhere in our lives, even if it was a small part of a day. Taking into account that we are free in Christ and Sabbath is a gift that can be flexible in its application as it works best, what might that look like for you? What might be a barrier (in our schedule or in our hearts) to taking that time?

BREAK UP - As Mark has shared, we'll get as much breakthrough in this series as we'll put in work. We'll continue taking time in guys and ladies groups to process what God is doing in us, as well as share how we're applying the practice the growth "homework" and how that experience has been. Our invitation this week was to begin to take time to "cease" or Sabbath somewhere in our lives regularly.

1. What is God doing in you this week through this sermon series/passage?

2. Did you take time to apply the sermon & think through the lament exercise? If so, how did it go?
3. Is there anything you need to do coming out of this, and how can we as a group pray for you and support you in that?