

# DISCIPLESHIP MINISTRY SESSION 2: SABBATH REST

## MEETING TIME

Please use this page for notes and to record your thoughts

## LESSON

---

HURRY SICKNESS

---

SABBATH

---

*Exodus 20:8-11*

*“Remember the Sabbath day by keeping 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, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 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.*

---

*Exodus 31:14-17*

*Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. 15 For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day must be put to death. 16 The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. 17 It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he abstained from work and rested.*

*Matthew 6:25-26, 28-33*

<sup>25</sup> *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”* <sup>26</sup> *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

<sup>28</sup> *“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.”* <sup>29</sup> *Yet I tell you that not even Solomon in all his splendor was dressed like one of these.* <sup>30</sup> *If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?* <sup>31</sup> *So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’* <sup>32</sup> *For the pagans run after all these things, and your heavenly Father knows that you need them.* <sup>33</sup> *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

## IN-CLASS EXPERIENCE

In this experience we are going to examine our lives, our responsibilities, and what we do. First we will take about 5 minutes to write down as many of the things that we are responsible for—things that we have on our to-do list. They may be one-time things, or they may be things that we do regularly. Find the Experience sheet in the participants’ packet. Right now, just fill out the left side of the sheet. We will get to the right side shortly. And if you need more space the list continues on the back of the sheet.

**IN-CLASS EXPERIENCE: SABBATH AND REST**

**THINGS THAT I DO, I'M RESPONSIBLE FOR AND ARE ON MY TO-DO LIST**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_

**WHAT WOULD HAPPEN IF I DIDN'T DO THIS?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_

THINGS THAT I DO, I'M RESPONSIBLE FOR AND ARE ON MY TO-DO LIST (CONTINUE)

- 24. \_\_\_\_\_
- 25. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_
- 29. \_\_\_\_\_
- 30. \_\_\_\_\_
- 31. \_\_\_\_\_
- 32. \_\_\_\_\_
- 33. \_\_\_\_\_
- 34. \_\_\_\_\_
- 35. \_\_\_\_\_
- 36. \_\_\_\_\_
- 37. \_\_\_\_\_
- 38. \_\_\_\_\_
- 39. \_\_\_\_\_
- 40. \_\_\_\_\_
- 41. \_\_\_\_\_
- 42. \_\_\_\_\_
- 43. \_\_\_\_\_
- 44. \_\_\_\_\_
- 45. \_\_\_\_\_
- 46. \_\_\_\_\_
- 47. \_\_\_\_\_

WHAT WOULD HAPPEN IF I DIDN'T DO THIS? (CONTINUE)

- 24. \_\_\_\_\_
- 25. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_
- 29. \_\_\_\_\_
- 30. \_\_\_\_\_
- 31. \_\_\_\_\_
- 32. \_\_\_\_\_
- 33. \_\_\_\_\_
- 34. \_\_\_\_\_
- 35. \_\_\_\_\_
- 36. \_\_\_\_\_
- 37. \_\_\_\_\_
- 38. \_\_\_\_\_
- 39. \_\_\_\_\_
- 40. \_\_\_\_\_
- 41. \_\_\_\_\_
- 42. \_\_\_\_\_
- 43. \_\_\_\_\_
- 44. \_\_\_\_\_
- 45. \_\_\_\_\_
- 46. \_\_\_\_\_
- 47. \_\_\_\_\_

Now go down the right side and try to fill in what the consequences would be if you didn't do each thing. The consequences might be big—or they might be small. For instance, if you don't take your children to soccer practice they may be forced to take the bus or get a ride with a friend. If you don't show up for work, you could get fired. As you give your answers consider how much you are trusting God.

What have you learned by doing this exercise? Anything stand out? Are there things that really don't have to be done? Can you simplify and become less hurried?

## REFORMED PERSPECTIVE

## HOMEWORK SESSION 2: SABBATH REST

The two major things added for this week are setting aside a block of time to take a Sabbath and reading an article that will expand on the subject that we discussed tonight

---

### READ THE ARTICLE *REST A SPIRITUAL DISCIPLINE* BY ROB DEVENS

You can find this in the Participants Guide on pages P2-7 through P2-9

---

### TAKE A SABBATH

Look at your schedule and determine when you might be able to take a 3 hour block of time to experience a Sabbath rest. I realize this may be difficult. But, trust God that he will redeem the time and do what is necessary for you to meet with him. (Remember Israel was asked to do a 24 hour Sabbath every week, so 3 hours is not excessive) Here are some ground rules:

- Pick a time and stick to it
- Pick a place where you will not be disturbed and where you can be alone (a husband and wife might do this exercise at the same time and in the same spot, but for the most part they should spend time alone.)
- Do not have an agenda (for instance, don't plan on reading a whole book of Scripture, or praying through a prayer list. These are both good things but not appropriate for this exercise.)

- Rest. This does not mean that you have to remain motionless. Do what comes naturally: walk, sit, pray, watch the clouds, etc.
- Know that God is present

## CONTINUE TO READ AND STUDY SCRIPTURE

---

As a reminder, here was the assignment from last week. We will continue with this study practice throughout the 40 day experience.

1. Choose a book of the Bible that you would like to study and that you would enjoy continuing after the 40 day experience
2. Study that book at least 15 minutes every day:
  - a. Start with the first logical unit (certainly less than a chapter—maybe only a few verses)
  - b. Fill out a Bible Study sheet completely for that unit before moving on to the next. You may stay several days on that one unit. It's not how much you read, but how much what you read becomes a part of you.

Move to the next logical unit and repeat

## CONNECT WITH ACCOUNTABILITY PARTNER

---

1. Pray for your accountability partner this week
2. Contact you accountability partner about half way through the week
  - a. Ask how their daily Bible reading is going and share your experience with it
  - b. Share prayer requests
  - c. Encourage one another

## Rest: an Essential Spiritual Discipline By Rob Devens

Our world runs at a break-neck speed! Busyness seems to be both the universal complaint and the modern badge of honor. Our jobs demand huge chunks of our lives and many other admirable pursuits clamor for our time. Even children seem to careen from one activity to the next. And on top of all of that, as a Christian we know we should be involved with our church! So we try to fit it all in, and our calendars become full, and we get less and less sleep. We hope that our constant activity will achieve success, honor, security—maybe even God’s glory—but as we scurry to the next appointment we think, “How can I get off this treadmill! Is this the way God wants me to live?”

I suspected that this hurried motion was not what God wanted. So I began to examine my own life. Was I trying to do too much? Did God want me to be this busy? I felt paralyzed not knowing how God would answer. I found myself feeling guilty when I slowed down. I knew God would not condemn me, but I felt like I was letting him down. I began to pray and to search the scriptures and gradually God started turning on lights. The first place that he did that was in Psalm 127. It is a familiar passage: “Unless the LORD builds the house, its builders labor in vain.” We had often used that verse on our staff team to remind us that we had better be sure that our work was in line with God’s blueprint. Otherwise, everything that we were doing would be useless. But I was arrested by verse two, “In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.” I did not feel like I was toiling for selfish gain, but the “rising early and staying up late” sure sounded familiar. If God grants sleep to those he loves why was I not getting enough?

I went to the Scriptures to see what they had to say about getting some rest. I found that God wanted the Israelites to rest on the Sabbath (Deuteronomy 5:12-15). None of them were to do any work. Somehow, resting was a sign of Israel being God’s people. It was a sign of the covenant. Another place “not working” was described as “denying oneself” (Leviticus 23:28-29). I wondered, “How on earth could taking a break be described as ‘denying myself’?”

And then it began to click. The Israelites lived in a primitive agricultural society. Each day they toiled to scrape enough food from the land. If they did not work they did not eat! In order to stop working, Israel had to trust God that he would provide what they needed. Keeping the Sabbath showed Israel’s complete dependence on God. It was a visible statement that the source of their daily food was God and not their own labor. It must have been very tempting to keep working on the Sabbath, but anyone who gave in to that temptation showed a real lack of trust in God.

It dawned on me that I had misunderstood Psalm 127. It does not say, “Unless you build according to God’s design you are wasting your effort.” It says, “*Unless the LORD builds the house*, its builders labor in vain.” Most of us would say—and have said—that God is the one who works in our lives and in our ministries to make things happen. We do not try to claim the credit when people give their lives to Jesus, or when we make decisions that honor him. We know that without God being at work nothing of real spiritual significance can happen. But this psalm makes it clear that the same is true for our work lives. The psalmist is clearly talking about the work that goes into making a living—“toiling for food”—when he promises that God gives rest and sleep to those he loves. God supplies every need in all areas of our life.

But my rest habits do not always reflect that belief. There have been many times when I have acted like I was responsible for everything. One of the things that brought me to realize that things needed to change was that I could never seem to actually take my day off. Early in the process of learning that God wanted me to take a day off I was tested severely. I found out one Wednesday night that the drummer of our youth band had not been able to arrange transportation for his very large drum set. We were supposed to leave Friday morning to go lead worship for a District wide youth rally. I figured that I could probably rent a van, but Thursday was supposed to be my day off and I had already made plans to accompany my youngest daughter on an all-day school field trip. I prayed about the situation and was convinced that God wanted me to go with my daughter. I prayed earnestly that He would supply the needed transportation. I hate to admit it but I worried the whole day about how I was going to get that drum set half-way across the state to the youth rally. As soon as we were home from the field trip I tried to locate a van but as I had expected all of the car rental companies were closed by that time of the evening. So, early Friday morning I called every rental company in the phone book. No one had a van that they could rent to me.

So I prayed. As I was praying I realized that I could take most of the equipment in my station wagon—but my wife needed that for transportation while I was gone. But...I could rent a car for her! And cars were available. In that prayer I realized that even though I didn't know it God had supplied what I needed—just in a form that I didn't recognize. In my prayer God reminded me of that provision. And I think that is the way it works sometimes. I've recognized that when I come up against a situation where it looks like I will have to work on my day off if I step back and look at it from a different angle, God may not have to provide super human abilities or miraculous intervention. He may just simply have to remind me that that thing really doesn't have to be done. So, I called the first place that I had talked to that morning. I reminded them of who I was and while I was trying to tell them that I now wanted to rent a car the lady interrupted to say, "Actually, I just had a cancellation on a van and you can have it." Bingo! In a situation where really against my better judgment, I went ahead and took the day off, God supplied even more than I needed!

For me, just as it was for Israel, taking time to slow down and rest is a visible and concrete statement that I truly believe what I say. It shows that I am trusting God with "my ministry," "my job," and "my family." The pressure for us to keep running is incredible. There is always more that needs to be done. And the activities that we are involved in are often so important! Many of us are involved in kingdom work—we have important ministries in the church. But the reality is that the work is never done. At least, I never get to the point where I can say, "Well, everything is done now, so I guess I don't have to get out of bed tomorrow." Even Jesus did not get to that point in his earthly ministry: there were always more people who needed to be healed and people who needed to hear about the kingdom. As a pastor I have found that when I set aside time for rest it says, "This ministry doesn't belong to me it belongs to God." As a husband, father, and homeowner when I take time to rest even though all kinds of things are crowding in and clamoring to get done, it says, "I am not ultimately in charge of my life, God is."

Of course, I need to be responsible. The Bible is clear that being lazy is not pleasing to God. But that is not the problem that most of us live with. Most of us have the "speed" knob for our life cranked up way too high. And when that happens we don't have time to savor our relationships. We rush through our quiet times without really having the time to listen for God.

We don't get a chance to think about others. Ultimately, we are not available to God. We are too busy!

Often, when we are too busy it is because we are trying to build our own lives—to accomplish our own dreams. We believe that it all depends upon us! Psalm 127 reminds us that it is not our exertion that provides the good things—the blessings of this life. They are gifts from God rather than the fruit of our labor. The antidote for the hurried pace is a true belief that God will supply every need—physical, emotional, and spiritual. “Unless the Lord builds the house, its builders labor in vain. . . In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves (Psalm 127:1, 2).”



# DISCIPLESHIP MINISTRY SESSION 2:

## SABBATH REST

### OVERVIEW

This week's meeting will introduce people to the concept of rest. The main point we want to get across is that we can rest because God supplies all that we need—He is sufficient. Of course this doesn't mean that we don't work—the Bible is clear that if we don't work we shouldn't eat—but it does mean that we need to realize that all we have does not come from our own labor and frantic activity, but comes from God's generosity and provision. Because God is the source (not our toil and work) we can rest with confidence—everything will not fall apart if we take a day off! The reason that this topic is second is that this 40 day experience will take a commitment of time. This will help participants realize that they can invest that time without worrying about all the work that they "should be doing."

### PREPARING FOR THIS WEEK'S SESSION

In the homework for this week the participants will be asked to read an article on rest and taking time off, *Rest: an Essential Spiritual Discipline* by Rob Devens. This article will be part of the participant's guide. Please read the article before the meeting. Also, go over the lesson and Meeting Plan well in advance of the meeting.

There are a number of administrative tasks that need to be done well before the meeting, as well. Most of these should be done 4 to 5 days before the meeting.

- Contact participants and let them know where the next meeting will be (hopefully you announced this at the first meeting, but a confirmation email is always helpful)
- Contact participants to encourage them to read the Bible daily and to contact their accountability partners
- Contact anyone who has not turned in their contract to encourage them to bring it to the next meeting
- Contact the person doing this week's Reformed Perspective piece to see if they have any questions or need any direction
- Pray for the participants, that God will move in their lives during this 40 day experience.

### SUPPLIES NEEDED FOR THE MEETING

- Participant Guides
- Bible Study sheets (several will be included in the Participant Guides, but you will need extras for those who will need more than 4 for the coming week.)
- Signup Sheets (to pass around in case not all slots are filled, and to remind those who have signed up of their assignment for next week.)
- A binder or two with last week's material inside, in case a new person comes

## MEETING TIME

### 7:00 PM (10 MINUTES) WELCOME AND GATHERING

- Name Tags
- Focus Activity
- Prayer

### FOCUS ACTIVITY

**Welcome! I'm glad that you are here. I have been praying for you this week, and praying that this 40-day experience will be meaningful to you! Tonight we are going to talk about rest, taking a Sabbath. So, I would like you to think of a time when you were able to really rest. Maybe it was a vacation. Maybe it was a rainy day when you couldn't do the work you had planned, but stayed inside and read a good book. Bring that time up in your mind. (Give them a few moments to think of a time.) Does everyone have a time in mind? What made that time restful? What was different about it? Would anyone like to share?** (Allow several people to share their experiences and why they thought they were able to rest. There are no wrong or right answers. There may be some common elements that surface—note those—but the purpose of this focus activity is to gather the group around the idea of rest. When appropriate lead into the prayer.

### PRAYER

**Heavenly Father, we thank you for this time to gather tonight. We are now 7 days into this 40-day experience. I pray that you would continue to lead us—during our time tonight and beyond. Help us to see you, and to experience your rest. (Add anything else that might be on your heart.) In Jesus' name, Amen**

### 7:10 PM (10 MINUTES) FOLLOW-UP HOMEWORK

- Review Assignment
- Discussion Questions

### REVIEW LAST WEEK'S ASSIGNMENT

**Before we go on to tonight's topic I'd like to take a few minutes to review. Last week we talked about how important Scripture is to our spiritual journeys, and we examined a tool—The Bible Study Sheet—to use in the process of studying scripture. We also signed a covenant where we committed to reading God's word and using the Bible Study Sheet for at least 15 minutes every day.**

### QUESTION FOR FOLLOW-UP

Use the questions below and others like them to lead a discussion allowing the participants to share their experience in doing the homework.

- Were you able to read the Bible and use the Study sheets every day?
- Was it hard?

- Did you find it meaningful?
- Would anyone like to share something that God showed them through this process?
- How many of you feel like you read more scripture this week than you did last week?
- How many of you feel like you got more out of your reading this week than last?
- How many were able to contact their accountability partner? Was this helpful?

Encourage those who weren't able to read and study everyday with the thought: this is just the start of the 40-day experience, next week you will continue reading and studying and you have the chance to do better and to be more consistent! (same for accountability partners!)

## 7:20 PM (20 MINUTES) LESSON

- Hurry Sickness
- Groups examine Scriptures on Sabbath and Rest
- Discussion: God calls us to rest and trust Him

### HURRY SICKNESS

**John Ortberg** in his book, *The Life You Have Always Wanted*, talks about “Hurry Sickness.” He claims that our culture has a bad case of it. We rush around from one thing to the next, never stopping long enough to catch our breath. **Have you experienced this malady?** Give people an opportunity to answer. **Why do you think that we are all so busy? Why are we always in constant motion?** Again, give people an opportunity to answer. Some answers that people might offer are listed below. If people don't give these answers you might read them as some possible reasons for hurry sickness

- My job demands it.
- In order to be successful I need to work long hours
- I don't want my kids to miss out on any opportunities: school, church, sports, music, etc.
- I have a lot of responsibilities outside of work: church, clubs, sports, music, etc.
- We are fixing up our home so that we have a nice place to live—and that just takes a lot of work
- In order to be ready for retirement I need to make extra money, do more work, get my investments in line, etc.

**Does this Hurry Sickness interfere with our ability to rest?**

**When you are resting, taking some time off, do you feel guilty; are you continually thinking about what needs to be done?**

**What effects does this Hurry Sickness have on your relationships? With family? With God?** Allow time for people to answer and discuss.

**The problem with busyness for our spiritual lives is that it interferes with our intimacy with God. We are not nearly as available when we are in a hurry. Let's take a look at some Scriptures that have to do with rest—we are going to look at the idea of a Sabbath.**

---

**SABBATH**

Tonight we are going to look at three Scriptures. But I'm going to break you up into three groups and ask each group to read the Scripture and then discuss it for a few minutes. After discussing it one person from your group will summarize the scripture for us. Assign the groups and give them 3 or 4 minutes to read and discuss.

*Exodus 20:8-11*

*“Remember the Sabbath day by keeping 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, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 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.*

Ask the first group to summarize their scripture. **Why do you think God chose a time of rest as a way of making this day holy?**

*Exodus 31:14-17*

*Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. 15 For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day must be put to death. 16 The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. 17 It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he abstained from work and rested.*

Ask the second group to summarize their scripture. **Why do you think it was necessary for God to give this severe consequence for working—why would people insist on doing work when they were supposed to rest? Keeping the Sabbath was continually a struggle for Israel.** They must have had the feeling that if I don't get this done I won't have food, a house, get ahead, etc. **Rob Devens in his article, *Rest: a Spiritual Discipline*, says, “Keeping the Sabbath showed Israel's complete dependence on God. It was a visible statement that the source of their daily food was God and not their own labor. It must have been very tempting to keep working on the Sabbath, but anyone who gave in to that temptation showed a real lack of trust in God.” We will get a chance to read that article this week. The same thing that kept Israel from keeping the Sabbath keeps us mired in Hurry Sickness.**

Jesus addressed this issue but from a different perspective.

*Matthew 6:25-26, 28-33*

<sup>25</sup> *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the*

*body more important than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

*<sup>28</sup> “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

Ask the third group to summarize their Scripture.

**Now, in this lesson we have not addressed whether the commandment to keep the Sabbath is binding for the church today. It is my personal opinion is that it is not—it was a unique sign for Israel. However, God does want us to rest—He wants us to take a Sabbath because when we rest we show our dependence on him AND we make ourselves available to him. We break the Hurry Sickness cycle.**

#### 7:40 PM (15 MINUTES) IN-CLASS EXPERIENCE

- Participants fill out list of their activities
- Participants examine the consequences of not doing everything they do (hopefully they will realize that the number of critical things is smaller than they thought)
- Discussion

**In this experience we are going to examine our lives, our responsibilities, and what we do. First we will take about 5 minutes to write down as many of the things that we are responsible for—things that we have on our to-do list. They may be one-time things, or they may be things that we do regularly. Find the Experience sheet in the participants’ packet on pages P2-3 and P2-4. Right now, just fill out the left side of the sheet. We will get to the right side shortly. And if you need more space the list continues on the back of the sheet. Any questions?** After answering any questions give the participants 5 minutes to fill out the first half. Warn them when there is about 1 minute left.

**Now go down the right side and try to fill in what the consequences would be if you didn’t do each thing. The consequences might be big—or they might be small. For instance, if you don’t take your children to soccer practice they may be forced to take the bus or get a ride with a friend. If you don’t show up for work, you could get fired. As you give your answers consider how much you are trusting God. Any questions?** Give time for questions. We really want people to realistically see how important the things that they do are. Hopefully they will realize that there are a lot of things that could be trimmed from their list without dire consequences. After answering questions give about 5 minutes to complete, warning them when there is about 1 minute left.

**What have you learned by doing this exercise? Anything stand out? Are there things that really don’t have to be done? Can you simplify and become less hurried?** Give plenty of time for discussion and then summarize the most important points people made to wrap up and conclude.

## 7:55 PM (10 MINUTES) REFORMED PERSPECTIVE

Ask the class member who has prepared this segment to present what they have learned

## 8:05 PM (5 MINUTES) ASSIGN HOMEWORK

- Read an Article
- Take a sabbath
- Continue to read and study Scripture
- Connect with accountability partner

---

## HOMework SESSION 2: SABBATH REST

The two major things added for this week are setting aside a block of time to take a Sabbath and reading an article that will expand on the subject that we discussed tonight

### READ THE ARTICLE *REST A SPIRITUAL DISCIPLINE* BY ROB DEVENS

---

You can find this in the Participants Guide on pages P2-7 through P2-9

### TAKE A SABBATH

---

Look at your schedule and determine when you might be able to take a 3 hour block of time to experience a Sabbath rest. I realize this may be difficult. But, trust God that he will redeem the time and do what is necessary for you to meet with him. (Remember Israel was asked to do a 24 hour Sabbath every week, so 3 hours is not excessive) Here are some ground rules:

- Pick a time and stick to it
- Pick a place where you will not be disturbed and where you can be alone (a husband and wife might do this exercise at the same time and in the same spot, but for the most part they should spend time alone.)
- Do not have an agenda (for instance, don't plan on reading a whole book of Scripture, or praying through a prayer list. These are both good things but not appropriate for this exercise.)
- Rest. This does not mean that you have to remain motionless. Do what comes naturally: walk, sit, pray, watch the clouds, etc.
- Know that God is present

### CONTINUE TO READ AND STUDY SCRIPTURE

---

As a reminder, here was the assignment from last week. We will continue with this study practice throughout the 40 day experience.

1. Choose a book of the Bible that you would like to study and that you would enjoy continuing after the 40 day experience
2. Study that book at least 15 minutes every day:
  - a. Start with the first logical unit (certainly less than a chapter—maybe only a few verses)

- b. Fill out a Bible Study sheet completely for that unit before moving on to the next. You may stay several days on that one unit. It's not how much you read, but how much what you read becomes a part of you.

Move to the next logical unit and repeat

#### CONNECT WITH ACCOUNTABILITY PARTNER

---

1. Pray for your accountability partner this week
2. Contact your accountability partner about half way through the week
  - a. Ask how their daily Bible reading is going and share your experience with it
  - b. Share prayer requests
  - c. Encourage one another

#### 8:10 PM (10 MINUTES) ADMINISTRATION

Remind those who have signed up of their assignments for next week. Give the location and have the host give simple directions.

Make any adjustments needed in the accountability partners that may occur if someone new has come or someone has dropped out of the experience.

#### 8:20 PM (10 MINUTES) BREAK/REFRESHMENTS

## LEADERSHIP TIME

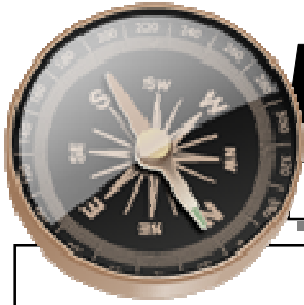
### SUPPLIES NEEDED FOR LEADERSHIP TIME

- List of possible names for ministry

### 8:30 PM (30 MINUTES) MINISTRY LEADERSHIP TEAM TIME

- Schedule of fall launch
- Decide on a name for the ministry

### 9:00 PM (2 HOURS) CLOSE



# Awesome Bible Study

**Scripture Passage:**

**CAST** *List the characters. Are they speaking parts or extras? Do they just watch or participate in the action?*

**Hint:** Imagine yourself directing this in a movie. What are the facial expressions of the actors? What would the actors look like? Who would you choose to play the main character? How many extras would you have to hire?

**SETTING** *Where does the action take place? What specific clues are you given about the setting?*

**Hint:** If you are the director where would you find a suitable location for the scene? What would it look like?

**TIME** *What time of day is it? What day of the week? Time of the year? Period in history?*

**ACTION** *Summarize what happens in the passage.*

**Hint:** Use short sentences. Summarize. Try to just get the main idea and movement of the passage.

**STRUCTURE** *Is there anything about the way the passage is laid out, or the story is told that is unusual or gives us clues to its meaning? What is the literary context?*

**Hint:** Look at the summary that you just wrote. Is there any pattern in the subjects or words used? Is there a theme or thought that runs through the whole passage? Is there something that all the characters know about but is not stated?

**OTHER OBSERVATIONS** *What other things do you notice?*

**QUESTIONS** *What questions does the passage raise in your mind? Can you find out the answer to any of them? Are there questions about history or culture that if they were answered, you might be able to understand the passage better?*

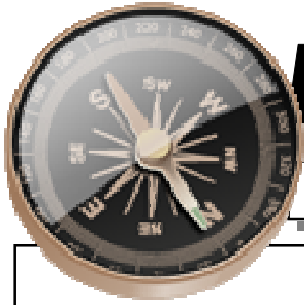
**Hint:** Now is the time to look in Bible dictionaries, atlases, commentaries, etc.

**KERNEL STATEMENT** *In one or two sentences write down the main message that the passage is meant to communicate.*

**Hint:** Try to write this from the perspective of the one writing the passage.

**APPLICATION** *How can I apply this to my own life today?*

**Hint:** Possibly write it in prayer form asking God to make this true in your life.



# Awesome Bible Study

**Scripture Passage:**

**CAST** *List the characters. Are they speaking parts or extras? Do they just watch or participate in the action?*

**Hint:** Imagine yourself directing this in a movie. What are the facial expressions of the actors? What would the actors look like? Who would you choose to play the main character? How many extras would you have to hire?

**SETTING** *Where does the action take place? What specific clues are you given about the setting?*

**Hint:** If you are the director where would you find a suitable location for the scene? What would it look like?

**TIME** *What time of day is it? What day of the week? Time of the year? Period in history?*

**ACTION** *Summarize what happens in the passage.*

**Hint:** Use short sentences. Summarize. Try to just get the main idea and movement of the passage.

**STRUCTURE** *Is there anything about the way the passage is laid out, or the story is told that is unusual or gives us clues to its meaning? What is the literary context?*

**Hint:** Look at the summary that you just wrote. Is there any pattern in the subjects or words used? Is there a theme or thought that runs through the whole passage? Is there something that all the characters know about but is not stated?

**OTHER OBSERVATIONS** *What other things do you notice?*

**QUESTIONS** *What questions does the passage raise in your mind? Can you find out the answer to any of them? Are there questions about history or culture that if they were answered, you might be able to understand the passage better?*

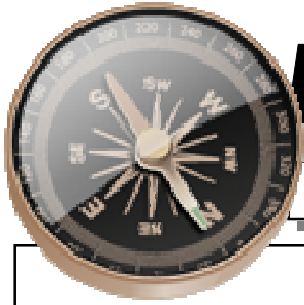
**Hint:** Now is the time to look in Bible dictionaries, atlases, commentaries, etc.

**KERNEL STATEMENT** *In one or two sentences write down the main message that the passage is meant to communicate.*

**Hint:** Try to write this from the perspective of the one writing the passage.

**APPLICATION** *How can I apply this to my own life today?*

**Hint:** Possibly write it in prayer form asking God to make this true in your life.



# Awesome Bible Study

**Scripture Passage:**

**CAST** *List the characters. Are they speaking parts or extras? Do they just watch or participate in the action?*

**Hint:** Imagine yourself directing this in a movie. What are the facial expressions of the actors? What would the actors look like? Who would you choose to play the main character? How many extras would you have to hire?

**SETTING** *Where does the action take place? What specific clues are you given about the setting?*

**Hint:** If you are the director where would you find a suitable location for the scene? What would it look like?

**TIME** *What time of day is it? What day of the week? Time of the year? Period in history?*

**ACTION** *Summarize what happens in the passage.*

**Hint:** Use short sentences. Summarize. Try to just get the main idea and movement of the passage.

**STRUCTURE** *Is there anything about the way the passage is laid out, or the story is told that is unusual or gives us clues to its meaning? What is the literary context?*

**Hint:** Look at the summary that you just wrote. Is there any pattern in the subjects or words used? Is there a theme or thought that runs through the whole passage? Is there something that all the characters know about but is not stated?

**OTHER OBSERVATIONS** *What other things do you notice?*

**QUESTIONS** *What questions does the passage raise in your mind? Can you find out the answer to any of them? Are there questions about history or culture that if they were answered, you might be able to understand the passage better?*

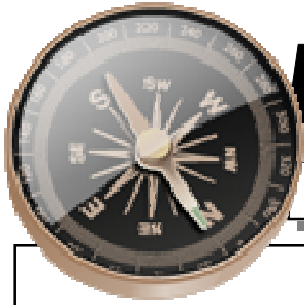
**Hint:** Now is the time to look in Bible dictionaries, atlases, commentaries, etc.

**KERNEL STATEMENT** *In one or two sentences write down the main message that the passage is meant to communicate.*

**Hint:** Try to write this from the perspective of the one writing the passage.

**APPLICATION** *How can I apply this to my own life today?*

**Hint:** Possibly write it in prayer form asking God to make this true in your life.



# Awesome Bible Study

**Scripture Passage:**

**CAST** *List the characters. Are they speaking parts or extras? Do they just watch or participate in the action?*

**Hint:** Imagine yourself directing this in a movie. What are the facial expressions of the actors? What would the actors look like? Who would you choose to play the main character? How many extras would you have to hire?

**SETTING** *Where does the action take place? What specific clues are you given about the setting?*

**Hint:** If you are the director where would you find a suitable location for the scene? What would it look like?

**TIME** *What time of day is it? What day of the week? Time of the year? Period in history?*

**ACTION** *Summarize what happens in the passage.*

**Hint:** Use short sentences. Summarize. Try to just get the main idea and movement of the passage.

**STRUCTURE** *Is there anything about the way the passage is laid out, or the story is told that is unusual or gives us clues to its meaning? What is the literary context?*

**Hint:** Look at the summary that you just wrote. Is there any pattern in the subjects or words used? Is there a theme or thought that runs through the whole passage? Is there something that all the characters know about but is not stated?

**OTHER OBSERVATIONS** *What other things do you notice?*

**QUESTIONS** *What questions does the passage raise in your mind? Can you find out the answer to any of them? Are there questions about history or culture that if they were answered, you might be able to understand the passage better?*

**Hint:** Now is the time to look in Bible dictionaries, atlases, commentaries, etc.

**KERNEL STATEMENT** *In one or two sentences write down the main message that the passage is meant to communicate.*

**Hint:** Try to write this from the perspective of the one writing the passage.

**APPLICATION** *How can I apply this to my own life today?*

**Hint:** Possibly write it in prayer form asking God to make this true in your life.