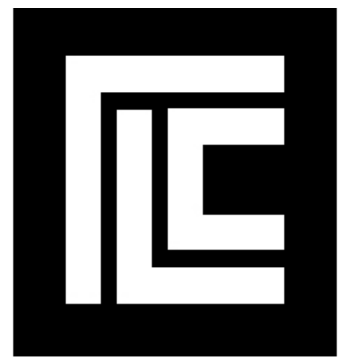


Slow: Slow is Sabbath

Matthew 11:28-30

Nov. 28, 2021



This Sunday we walked through our second of four practices that Jesus taught to help us slow down, adopt his lifestyle and experience his life: Sabbath. Biblical Sabbath is a 24-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God. If done right, it doesn't just change the way we live one day, but how we live our entire week, and our entire lives.

Getting Started

What comes to your mind when you think of the rest?

Read

Matthew 11:28-30

Digging Deeper

- Adam shared from his own experience with the difficulty of resting and practicing sabbath. How did you react to this? How does the phrase, “sabbath is a blessing, not a burden” impact you and relate to your own experience with rest and sabbath?
- There are four different components to the practice of Sabbath. **(1) Stop work, (2) Enjoy rest, (3) Practice delight, (4) Contemplate God.** Which of these four is most challenging for you? Which comes easiest and is most natural for you?
- We closed on Sunday contemplating a question: what can I do in a 24-hour period that would bring me great joy and point me to a great God? Share your response with your group.

***This Sunday you received a handout to practice some different things as it relates to the practice of Sabbath and the Slow Series. Make time to discuss these and if anyone has used them!



THE LOCAL CHURCH