

## **Sabbatical Journey, Week 2**

### **The nature of this rest**

Last week we focused on Jesus' intention and command to rest. How did it go for you?

This week our attention will turn to the nature of this rest. Read the following verses to get a clearer picture of rest in the Bible. While it may include something merely physical, like a good nap to refresh our body, these passages show us much more is in view.

Genesis 2:3

*<sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

Leviticus 23:24-32

*<sup>24</sup> "Speak to the sons of Israel, saying, 'In the seventh month on the first of the month you shall have a rest, a reminder by blowing of trumpets, a holy convocation.*

*<sup>25</sup> 'You shall not do any laborious work, but you shall present an offering by fire to the LORD.' "*

*<sup>26</sup> The LORD spoke to Moses, saying,*

*<sup>27</sup> "On exactly the tenth day of this seventh month is the day of atonement; it shall be a holy convocation for you, and you shall humble your souls and present an offering by fire to the LORD.*

*<sup>28</sup> "You shall not do any work on this same day, for it is a day of atonement, to make atonement on your behalf before the LORD your God.*

*<sup>29</sup> "If there is any person who will not humble himself on this same day, he shall be cut off from his people.*

*<sup>30</sup> "As for any person who does any work on this same day, that person I will destroy from among his people.*

*<sup>31</sup> "You shall do no work at all. It is to be a perpetual statute throughout your generations in all your dwelling places.*

*<sup>32</sup> "It is to be a sabbath of complete rest to you, and you shall humble your souls; on the ninth of the month at evening, from evening until evening you shall keep your sabbath."*

Jeremiah 6:16

*<sup>16</sup> Thus says the LORD, "Stand by the ways and see and ask for the ancient paths, where the good way is, and walk in it; and you will find rest for your souls.*

Hebrews 4:1-11

As you reflect on these passages this week, jot down your thoughts on the following questions. I recommend you not do this all at once. Do a little, let it percolate, and go back over it again. Keep adding your new insights and questions.

How do you deal with life-pace and rest?

How are the concepts of sabbath and rest connected? How does this help us understand the nature of rest?

How is Sabbath rest different from diversion or recreational activity?

What is the place of both?

Sometimes we want & need to veg. Unplug. No responsibility. Sometimes what we really need is the rest that renews, not the rest of escape or disconnect. How do you see these in your life? How would it look if you engaged Sabbath rest instead of vegging?

What are some ways you can see or cultivate sabbath rest into your schedule?

How can you cultivate sabbath in minutes or an hour or two as opposed to a full day? What are potential benefits of each?

What is your primary resistance to developing patterns of sabbath? Maybe it's "I don't have the desire," or "I don't see the benefit," or "I don't feel like I have time," or "I don't know what to do," or something else.

Is your objection truly valid?

How could you pursue what you need to overcome it?

Is your objection just an excuse?

What will it take for you to move from objecting to "I'll give it a try?"

OK, if you're ready, just give it a try. Don't over-expect in your first efforts. Don't throw it away if you struggle or feel there is no immediate benefit. This takes time and practice. (A farmer doesn't give up on the fruit on his tree if he doesn't see it in 2 days.)