



extraORDINARY

Active Rest Message 5

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► Outline

... *"The Sabbath was made for man and not man for the Sabbath."* **Mark 2:27**
(CSB)

A. Introduction

(Matthew 12:1-2. C/R: Exodus 20:8-11; Deuteronomy 5:15)

The Sabbath is set apart for _____ and protects
us from _____.

B. Actively resting in Christ...

1. Accommodates our basic _____.

(Matthew 12:3-4. C/R: 1 Samuel 21:1-6; Matthew 6:26;
Colossians 2:16-17)

2. Affirms our _____.

(Matthew 12:5-6. C/R: Numbers 28:9-10; Psalm 46:10;
James 1:27)

3. Anticipates acts of _____.

(Matthew 12:7-8. C/R: Hosea 6:6; Matthew 12:9-13;
Luke 6:36)

4. Accepts the _____ He offers.

(Mark 2:27; Hebrews 4:9-11. C/R: Psalm 127:2;
Isaiah 58:13-14; Matthew 11:28)

Answers: A. God, slavery B.1. needs 2. worship 3. compassion 4. rest

Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

When you hear the word *Sabbath*, what comes to mind?

Begin your study with prayer

Pause for a few minutes to quiet your heart and mind. Then ask God for insight and direction as you study and reflect on this week's lesson.

Bible Study and Group Discussion

Read Matthew 11:28-12:8.

1. Jesus invited His disciples into a life of rest (vs 28-30). What stirs in your heart as you read those verses?
2. The Jewish understanding of Sabbath embraced a special 24-hour rest time that was different from every other day (Exodus 20:8-11). How and when do you find rest from your work?
3. The Pharisees rebuked Jesus, accusing Him of breaking Jewish law. Based on His response, what point were they missing?
4. Which of these best describes your view of the Sabbath? It's a blessing; It's a burden; or I don't think much about the Sabbath. Why?
5. The Sabbath is described as a day of rest, compassion and personal care. How will this change your practice of observing the Sabbath?
6. What happens to you when you go without regular rhythms that allow you to rest in God?
7. Jesus declared that He was greater than the Temple. Considering how highly the Temple was regarded in the days of Jesus, this was a shocking statement. What point was He trying to make?

8. Observing the Sabbath had become an empty sacrifice for the Pharisees. Their religion was rigid and legalistic. What spiritual practices have become more of a checklist for you?

9. Based on this week's lesson, what is God's purpose of Sabbath?

Spiritual Practice

A spiritual practice is something we can do to help us live in and enjoy God's grace. We hope these practices become a regular part of your life so that walking and talking with God is the most natural thing you do.

Be intentional about *keeping Sabbath* this week. Set aside an entire day, or if this is new for you, start with at least a few hours. Use this time to become more aware of your limitations and your need for God. Refuse to work and be on-the-go. Release the burden of carrying life's load on your own. Ask God to refresh you and restore your union with Him. Consider letting difficult conversations happen another day. Try not thinking about your to-do list. You might listen to worship music, take a walk or enjoy a meal with friends and family. Allow enough time for your mind and heart to stop racing. You might meditate on Psalm 23 and delight in the way God cares for you.

Memory Verse

So there is a special rest still waiting for the people of God. **Hebrews 4:9 (NLT)**

Daily Reading

Day 1: Exodus 20:8-11

Day 4: Leviticus 23:22-25

Day 2: 1 Samuel 21:1-6

Day 5: Matthew 11:28-30

Day 3: Psalm 46:10-11

Prepare for Next Sunday

Next Sunday, July 31, we'll continue our series titled *extraORDINARY*. To prepare, read **John 14:1-14**.



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