**Soul Care in Self Isolation – Sabbath Rest**

**“The golden rule of Sabbath is: cease what is necessary and embrace what gives life.” Mark Buchanan**

**A Theology of Work**

*1 Thessalonians 3:6-15, Acts 18:1-4, Colossians 3:23-24, Genesis 2:15*

**“Just as we are commanded to keep the Sabbath, we are commanded to labor.” Abraham Heschel**

**Sabbath is a Gift from God**

*Genesis 1:31-2:3, Exodus 20:8-11, Mark 2:23-28*

**The Danger of Legalism**

*Mark 3:1-5*

**The Danger of Busyness**

**Parts of the Sabbath**

**Stop**

**Rest**

*Genesis 2*

**Delight**

**Contemplate**

*Psalm 62:1-5*

**Take Aways:**

1. **Sabbath Rest: a preparation for eternity**

**“Six days a week we wrestle with the world, wringing profit from the earth; on the Sabbath we especially care for the seed of eternity planted in the soul.” Abraham Heschel**

1. **Creating a Sabbath Outline**

**Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca**

1. How is everyone doing? Anything new going on in your lives? Share a good moment or two from the past couple weeks.
2. Have each person share something that stood out to them in the message this week or something they learned or something they had a hard time with. Did God stir anything inside them this week?
3. Is sabbath something that you have incorporated into your life? Why or why not?
4. How can you start incorporating it? What would it take to start the practice of sabbath rest?
5. **“The golden rule of sabbath is: cease what is necessary and embrace what gives life.”** What do you think about this quote? What thoughts does it awaken in you?
6. Read Matthew 12:1-14.
7. What stands out to you in the passages you read?
8. What is the most challenging part of this passage for you?
9. Was there something that you didn’t understand or do you have any questions about this passage?
10. Is Jesus deliberately disobeying the Mosaic law in this passage by harvesting grain and healing the sick? Why do you think this?
11. Can you think of or using a study bible/google find passages that the Pharisees may have been thinking of when they accused Jesus of being unlawful?
12. What do you think Jesus meant by what he said in verse 8? What practical implications does this have for us?
13. Reread verses 9-13. What does this passage reveal about the way one might observe the sabbath? What are some modern examples of what this might mean?
14. Begin your prayer time with a time of thanks to God – have everyone share something they are thankful for. Now, spend some time praying for one another and for anything that comes to mind.