

# SERMON NOTES    Sunday 8 February

## sunnysidechurch

**Bible passages: Genesis 1.1-2.3; Psalm 136.1-9,23-end**

### Introduction

- When God finished work of creation on sixth day doesn't move to next task on his to do list but rests
- Sabbath part of *Practicing the Way* (Lent series)

### What is Sabbath?

- Holy day (set apart) to cease or stop work of other six days and remember
- Rooted in God's creation and commanded by him

### Why is Sabbath important?

- 'if we do not rest, we lose our way' (Wayne Miller)
- Opportunity to refocus our attention on God and our identity as human beings not human doings

### What might Sabbath look like?

- Then he said to them, 'The Sabbath was made for man, not man for the Sabbath.' (Mark 2.27) – not a set of rules or obligations
- Include worship with others and those things that refresh us

### Conclusion

- Christians traditionally celebrate Sabbath on Sunday – day of resurrection – reminder that
- 'Come to me, all you who are weary and burdened, and I will give you rest.' (Matthew 11.28)

### Some questions to discuss

1. What do you think of when you hear the word 'Sabbath'?
2. Read Genesis 1.1-2.3. What do you notice?
3. Work (not necessarily paid) is one of the good things of creation; it became hard after The Fall. Why is work good for us?
4. In what ways have you experienced the truth of Wayne Miller's point that if we do not rest, we lose our way?
5. Why is worship a vital part of rest?
6. Christians traditionally celebrate Sabbath on the Day of Resurrection. How does this affect your view of Sabbath?
7. What might Sabbath look like for you in this season of your life?
8. Is there one thing that you are taking away from these passages? Is there something you need to do in response? It might be something to pray about, something to think more about, something God wants you to talk to someone about or something he wants you to do. Make a note of it so you don't forget!

'Give thanks to the Lord, for he is good.  
His love endures for ever. (Psalm 136.1)

Why not spend some time thanking God for his goodness towards you and asking him to show you how he would have you keep the Sabbath so that it is holy?

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