



Resting  
Presenter: Jim Hammond

## Talk It Over

Rhythm  
(week 5)  
"Resting"

I. We have a \_\_\_\_\_

II. We need the \_\_\_\_\_ rhythm

### SMALL TALK

1. Describe a time when you were completely spent. How did this affect you physically, emotionally, psychologically, and spiritually?

### VIEWPOINT

2. **READ Genesis 2:2-3; Exodus 20:8-10; Luke 4:16; and Mark 2:27.** Why did God set apart the Sabbath "as holy"? What is the Sabbath rhythm for?
3. **READ Matthew 28:1; Acts 20:7; Revelation 1:10.** What took place that shifted which day was set apart as "the day of the Lord", shifting from the last day of the week (Saturday), to the first day of the week, (Sunday)?
4. **READ Colossians 2:16, Romans 14:5.** How does Paul address the controversy about the "Sabbath" day?
5. **READ Hebrews 10:25.** How does the Sabbath rhythm of "rest" and "assembling together" intersect? Why doesn't an introvert get a free pass on this command in Hebrews?

### GETTING PERSONAL

6. What is the truth in the statement, "If the devil can't make you sin, he'll make you busy"? How does being too busy harm you?
7. How can you be more intentional about setting apart one day a week for God, by resting, worshipping, and being renewed in Him?

### PRACTICE!

8. A Sabbath routine does not replace your "Devote Daily" practice. How might it refresh and renew your everyday life with God?

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