

Week 4

MARCH 30 | OBSERVE

## 24/6 | Week 4: Observe

### GATHER

As you begin, **pray** together.

**Read** God's Holy word.

Deuteronomy 5:12-15 (NIV)

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### An Invitation to Observe

*You might think after reading through this passage that it's a little hard to relate to. Are you even completely sure what an ox looks like? But, even if the descriptions may look different today, the message is still the same: no work for anyone. The Sabbath is to be observed by everyone from maintenance worker to CEO. It applies to all tools and resources being used, as well. In Deuteronomy that's an ox, donkey, or any animal whereas today we might go as far as to say "cell phone, laptop, iPad, or any of your tech devices."*

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### EQUIP

Take a group pause and then consider the questions together.

**"...but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of**

**your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. -Deuteronomy 5:14 (NIV)**

- How do you introduce yourself when you meet someone for the first time?
- How can observing the Sabbath help shift your identity away from what you do or what you've done and towards who you are?
- Has your perspective on "Sabbath" changed over time? How or how not?
- Sabbath is a remembrance and a resistance. Share one or two things that you are resisting in your life right now.
- Who in your life is overworked or oppressed?
- What is the difference between remembrance and observation?
- How can you go beyond remembering the Sabbath to observing the Sabbath this week?

## ENGAGE

**Consider these next steps for the week ahead.** Next week, share with your group how these practices helped or hindered your understanding of Sabbath.

- "There is no formation without repetition." -John Mark Comer. Consider practicing something from last week again this week.
- Journal about how you feel your spiritual practice of Sabbath is going. Offer a prayer to God in honesty and sincerity, trusting that He's with you no matter where you find yourself.
- Practice contemplation. "Prayer, solitude, journaling, reading and reflection are all ways that we replenish our inward resting in Christ and his work alone for our salvation. Hebrews 4:1-10 draws a remarkable analogy between the gospel of free grace and the Sabbath. The writer says, 'there remains, then, a rest for the people of God; for anyone who enters God's rest also rests from his own work just as God rested from his.' (v.9) When we find salvation through Christ and grace, we rest from the most debilitating work of all — the work of establishing our own worth through our efforts, the work of earning our own salvation." -Tim Keller

### Pray Together

*God, thank you for being the same yesterday, today, and forever. Even as the world around us it seems is in constant motion, commotion, and change—You remain the same. It feels hard at times to relate to Your word, but we know that there is truth for us in it. We may not be able to envision what it was like for the Israelites to cease working and we need your help so that we can apply it to our lives today. Lord, let us be faithful to take the next step towards You as we observe the Sabbath. Amen*