

STUDY NOTES

SABBATH: RESTING IN THE WORK OF JESUS

a series at New City Church

www.newcityphx.com/sermons

The following content is based on the message "Sabbath: Resting in the Work of Jesus" on 5/12/19 at New City Church in Phoenix, AZ. The following is not meant to be a full synopsis but rather a brief look at the main ideas. To use this Study Guide effectively you must listen to the message found at <http://newcityphx.com/sermons/>.

Leaders using these study notes for group study and reflection should read the Biblical text thoroughly before beginning, using this resource as assistance and not relying solely on this material for insight. We encourage all leaders to pray and ask the Spirit for revelation as they lead their respective community groups.

PRAYER

Pray and ask God to lead the discussion as everyone gets to share.

SCRIPTURE: LUKE 6:1-11

CLARIFYING THE SABBATH

Reaping grain was forbidden by custom, not by Old Testament law. Jesus didn't disallow the sabbath. He clarified what it was. The pattern for the sabbath begins in Genesis 1 and 2 where God rested after creating the world. Later on, it was commanded as a part of Israel's law. **Read Deuteronomy 5: 12-15.**

Key to understanding Sabbath: It is about renewal, restoration, and resting in the completed work of God.

- *What does resting look like in your life?*

THE NEED FOR REST

We need to embrace what is taught about God and sabbath from beginning. We need physical rest and spiritual rest—deep rest of the soul. However, everything in us wants to prove ourselves by doing more and more. We want to keep up with others. There's a work underneath our work that we really need rest from. It's the work of self-justification.

- *Work is a good thing that God designed us to need. But as with anything, we distort God's original design for work. What are some ways that we distort work in our lives?*
- *How would you describe your motivation for work?*
- *If you dig deep enough, do you have a motivation underneath the motivation? If so, what is that motivation?*

The Sabbath is based on the completed work of God. His ultimate work was completed in Jesus. That means Christians should be able to take rest in the completed work of Jesus on the cross rather than in their own work. **Read Hebrews 4:9-10.**

Christians rest in the work of Jesus and work from their rest in Jesus.

- *How does intentional rest from work say that you trust Jesus?*

PRACTICAL PRACTICES OF REST

Here are some practical ways that we can add rest into our lives.

1. **Take more sabbath time in your normal rhythm.** Vacations don't deal with the REM of the soul.
 2. **Intentionally use sabbath time.** Take up avocational hobbies (like fishing, golf, etc.), spend time in contemplation (telling yourself who you are in Jesus), or just be inactive by planning nothing.
 3. **Inject sabbath time into work.** Take time within your work to remind yourself that Jesus has set you free. Proper rest should free you up to work more diligently.
 4. **Be accountable for sabbath with community:** get other people to do this with you.
- *Which one of these stands out to you most? Why?*
 - *How can you implement these into your life?*
 - *How can we keep each other accountable to rest?*
 - *Pray with each to rest this week.*