Diving Deeper into Discipleship

September 26, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Vocation Elevation

Sermon Reflection Questions:

- How well do you rest? How effective are you at stopping? Are you ready—and willing—to examine the place and priority of Sabbath in your life?
- What are some examples of the "roaring and surging" of busyness in your life? Where do they come from?
- When confronted with your day-to-day tasks and toil, do you have a tendency to flee or dream too much or too often?
- Ask God to help you see the good in your vacation. Invite the Spirit to be revealed through your work, and even your toil.

Devotional Reading and Reflection

- **Psalm 37:1-8** | Do you think there is a connection between our busyness (lack of "stillness") and our propensity for anger and fretting? Why or why not?
- **1 Thessalonians 4:9-12** | What does this passage teach us are some likely results of our willingness to "work with our hands" in labor and vocation?
- **Ephesians 6:5-8** | Setting aside the mention of slavery found in this passage, what does it teach us about our earthly work from an eternal perspective?

Weekly Spiritual Practice

Liturgies of Sabbath | "When Work Becomes Worship" (from *The Rest of God* by Mark Buchanan, pg. 27)

- What if your work became worship? What if the work of your hands—repairing lawn mowers, scouring pots, paving streets, mending bones, balancing ledgers—was Eucharistic, a sacrament of God's presence that you gave and received? What if Jesus himself was your boss, the One who watched over you and whom you honored with your efforts?
- Here's a radical idea: next time you're tempted to complain about your work, praise God for it instead. Next time you open your mouth to gossip about people you work with, or smear those you work for, stop yourself and turn in the other direction: pray for them, thank God for them, find the good in them.
- Or, name the ways this work has blessed you, provided for you, allowed you to be a blessing. Look at the things around you that your work has provided: the clothes you wear, the food in the fridge, the table you eat at, the car you drive. Even if it's not much, it's more than nothing.

Notes