Diving Deeper into Discipleship

October 10, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Sabbath Mathematics

Sermon Reflection Questions:

- Think about your remaining days. How many do you think are left? What do you want to accomplish with them? Will you remain intimately connected to each of them? Invite the Holy Spirit to teach you how to number your days well.
- Are you someone who is easily tempted to veer into a dangerous drivenness or a mindset of scarcity? Are there relationships in your life that were harmed by those things, and therefore need repaired?
- When you are faced with unexpected interruptions, complications or detours, how do you respond? Ask Christ to form you according to His model of living through those situations.

Devotional Reading and Reflection

- **Psalm 90:1-17** | What does this Psalm—consisting of worship, lament and request—teach us about how God's view of our days and years is different from ours?
- **Proverbs 19:21** | How have you experienced this truth in your life?
- **John 11:1-44** | How does this story of Lazarus reveal Jesus operating under a different kind of time management, yet still genuinely affected by the way the timing of events can bring hurt to our hearts?

Weekly Spiritual Practice

Liturgies of Sabbath | "Becoming Generous with Time" (from *The Rest of God* by Mark Buchanan, pg. 83-84)

- Generous people have more time. That's the irony: those who sanctify time and who give time away—who treat time as a gift and not a possession—have time in abundance. However, those who guard every minute, resent every interruption, ration every moment, never have enough. We can hold time so tightly that we crush it. We think we're protecting it, but it turns out we're destroying it.
- Being generous with our time starts with giving ourselves to God. Give to God your breath, your health or sickness, your thoughts, your intentions... all of who you are. Acknowledge that every moment you receive is God's sheer gift, to be received and given away. Invite God to direct your paths, including into holy interruptions and unexpected divine appointments.
- Then, give yourself to others. Start each day with a deep resolve to actually spend time, maybe even squandering it, for purposes beyond your own, even if your purposes are delayed or redirected in the process. In God's economy, to redeem time, you might just have to waste some.

Notes