

Diving Deeper into Discipleship

October 17, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Invitation and Warning

Sermon Reflection Questions:

- Take rest in the truth that God doesn't need to rest. Thank Him that He is able to watch over us in each and every moment.
- Are there any aspects/areas of life in which you are trying to "be God?" Are you struggling to rest because you're afraid of what might happen if you relinquish control?
- Think about the average rhythm of your week. What can you do differently to "humanize" a person who is easy to look past as a "gear" in our economy?
- Do you have any taskmasters looming in your life? What kind of lies are they telling you?

Devotional Reading and Reflection

- **Exodus 8:1** | What does this verse, containing a repetitive theme in Exodus, teach us about the primary reason for God freeing his people from slavery?
- **Psalms 4:1-8** | Do you think it is significant that this psalm ends with the ideas of sleep and safety? Why or why not?
- **Psalms 116:1-7** | Is restfulness the "default" status of your soul? What reasons does this passage give for our souls to be able to "return to rest?"

Weekly Spiritual Practice

Liturgies of Sabbath | "Choosing Littleness" (from *The Rest of God* by Mark Buchanan, pg. 101-102)

- At root, the spiritual life consists in choosing the way of littleness. I become less so that Jesus might become greater. Its essence is No—No to ourselves, our impulses and cravings, our acts of self-promotion and self-vindication, our use of power for its own sake. It calls us to deny ourselves possessions, rights, conquests that we're tempted to claim simply because we can. It is growing, day by day, into the same attitude that Christ had, and by exactly the same means: emptying ourselves, giving ourselves. It is refusing to grasp what we think is owed us and instead embracing what we think is beneath us.
- Instead of exercising your power to take and gain, use it to serve, bless and protect. Think of a situation within which you might have the ability—and maybe even the right—to act with sheer power and "have your way." What would it look like to use that power to love and serve instead? Ask God to show you, and then do it.