

Diving Deeper into Discipleship

November 21, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Sabbath Vision

Sermon Reflection Questions:

After considering the themes of the message, ask yourself these questions:

- Where have you come from?
- Who are you today?
- What is your path to eternity?

Devotional Reading and Reflection

- **Philippians 3:13-14** | While remembering is critical to spiritual health, this passage teaches us that forgetting is also important. What kinds of things are best left in the past in order that we might forget, look forward, and press on?
- **Genesis 27:1-27** | How many different things does Jacob do to deceive his father? How much is his mother to blame? What does this story teach us about both integrity and the power of outside suggestion?
- **Revelation 21:1-27** | To you, what is the most striking part of this heavenly vision of what a fully “made new” reality will be like?

Weekly Spiritual Practice

Liturgies of Sabbath | “Remember, Reflect, Anticipate” (from *The Rest of God* by Mark Buchanan, pg. 201, 215-216)

- **Remember:** At the end of a day, find a place that is comfortable and quiet. Quiet yourself, and reflect on your day. When were you most alive? What were you doing then? When were you most empty? What was going on at that moment? When did God seem close, and when did He seem far away?
- **Reflect:** When did you first realize that God's "amazing grace" was for you? Was it a longer road, or an immediate experience? If you were to tell someone else about it, what details would be most important?
- **Anticipate:** Train your restless heart to look heavenward by asking this question during the most joyful parts of your day/week: "How much more?" Whatever you take delight in here on earth—your family, your vocation, your hobby... your hot tub, your backyard, the richness of a good meal... enjoy them. Find rest in them. But then imagine how much more awaits you.