



Rising out of Breathless Living

Mark 6:30-34; 2:23-28

Listen! I want to confess to all of you something you may not know about me.

QUESTIONS: What is the cause of breathless living? What is the cure for breathless living? (Warning: this is counter intuitive!!! Please give it a chance!!!)

Sabbath Principle: The Sabbath was made for man, and not man for the Sabbath. Or, the needs of men override the rules of the Sabbath. Or, the Sabbath is our servant.

God's Sabbath: a servant of His.

Jewish Sabbath: a servant of theirs.

Pharisee's Sabbath: a crushing burden to them.

Jesus' Sabbath: a servant of His.

Our Sabbath: a servant of ours. It serves us by giving us the opportunity to:

- ...draw near to God.
- ...center and recalibrate.
- ...rest and renew energy.
- ...pursue enjoyable and renewing activities.
- ...have relief from the pressure to perform.
- ...reflect.
- ...relate.
- ...create.
- ...live into God's sacred rhythm.

The Truth: It is in slowing down to God's rhythm...that we catch up to real living.

- **Real Living is:** centering, joy, energy, meaning, impact, wellbeing, hope, peace...
- **The Rhythm of God:** Work/rest. Sprint/rest. Work/rest. Sprint/rest. Work/rest.
- **Application:** A little rest every day. A little Sabbath every week. A little rest every month. A little rest every quarter. A big rest every year. A little rest...
- **Psalm 46:10.** "Cease striving and know that I am God."

Walking Papers

Practical helps for walking with Christ this week.

The Truth: It is in slowing down to God's rhythm...that we catch up to real living.

Please take some time each day this week for "spiritual recalibration" by thinking through the following ideas and questions related to having "eternity in our hearts:"

- **Today:** Are you caught up in "breathless living?" Why or why not?

- **Monday:** Do you think that practicing a Sabbath, sometime during each week, is commanded for Christians? Expected of Christians? Good for Christians? Necessary for Christians? Outdated for Christians? Why?

- **Tuesday:** What do you think of the "Sabbath as your servant?"

- **Wednesday:** Do you practice, or have you every practiced, a Sabbath? If so, how did it go? If so, why did you do it? If not, why do you not do it?

- **Thursday:** If you were to do a Sabbath day or half day what would you like to do in any of the following areas:
 - ...draw near to God:
 - ...center and recalibrate:
 - ...rest and renew energy:
 - ...pursue enjoyable and renewing activities:
 - ...have relief from the pressure to perform:
 - ...reflect:
 - ...relate:
 - ...create:

- **Friday:** Do you know anyone who practices a regular Sabbath time and Sabbath renewal? If so, what does that look like and do you see it helping them?

- **Saturday:** Would you be willing to practice a Sabbath day or half day?