

Pause
Part 1: The Unexpected Sabbath
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Southside Baptist Church
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Passage [Read]:

Mark 2:23-28 & 3:1-5

Principles [Know]:

The **Origin** of the Sabbath:

The Sabbath is a **gift from God**.

See: Mark 2:27; Genesis 2:1-3; Exodus 20:8-11

The **Meaning** of the Sabbath:

The Sabbath is a reminder that the God who created all things will **heal** and **restore** His creation

See: Mark 3:1-5; John 9:13-41; Luke 13:10-17

The **Fulfillment** of the Sabbath

Jesus is the Sabbath rest that can **heal** your weary soul

See: Mark 2:28; Matthew 11:28-30

“Because God has made us for Himself, our hearts are restless until they rest in Him.”

– Saint Augustine

Practices [Do]:

Use this “unexpected Pause” to focus on those things that will draw you closer to God:

- Prayer and times of silent meditation
- Daily Bible Reading and reflection
- Practice social distancing “together” by joining a Zoom small group (Text “Groups” to 904-442-8650)
- Listen to recommended sermons and read something from the recommended reading list:

Suggested Reading List for “Pause”:

An Unhurried Life, Alan Fadling

40 Days to Lasting Change, Kyle Idleman

40 Days of Purpose, Rick Warren

A Call to Die, David Nasser

Emotionally Healthy Spirituality, Peter Scazzero

Emotionally Healthy Spirituality Day by Day, Peter Scazzero

Ninety Days with the Disciple Jesus Loves, Gary Lee Webber

My Utmost for His Highest, Oswald Chambers

Morning and Evening, Charles Spurgeon

Other sermons you may want to check out at ssbc.org:

Awakening (2015)

One (2017)

Prayer Journey (2018)

The Disciple’s Journey (2018)

Small Group Questions

HANGOUT [Warming Up to the Topic]

1. Do you have any lingering questions or thoughts related to this week's teaching or daily readings?
2. What is God teaching you during this national "pause"? How have you responded to what you think He may be saying to you?

HEAR [Listening to God through Scripture]

3. Read Genesis 2:1-3
 - a. Did God really need to rest? Make a list of several possible reasons God rested on the seventh day.
 - b. What, if anything, does the order of creation teach us about God and His priorities?
 - c. Do you practice a weekly sabbath? If so, what does it look like?
4. Read Exodus 20:8-11
 - a. What makes this commandment different from all of the others?
 - b. What does this commandment teach us about God and His priorities?
 - c. How has/can this law become a burden? How can it be experienced as a gift?
5. Read 2 Chronicles 36:15-21
 - a. This passage is a historical account of the fall of Jerusalem in 587 BC. The author makes an interesting statement about how this brought about a Sabbath rest for the land (v.21). Does this passage speak to our present situation? If so, how?
 - b. Has there ever been a time in your life when God forced sabbath rest upon you? If so, what happened? What did you learn from it?
 - c. It has been said that God will never waste a hurt or pain. What are you currently doing to make the most of this unexpected Sabbath? In what ways is your life more chaotic? How is God inviting you to use this time to make changes in your rhythms and priorities?

HUDDLE [Making It Personal and Praying Together – in Huddles]

6. Do you feel an underlying anxiety when you try to relax or rest? What is under that anxiety? Is God inviting you to "detox" from hyperactivity and be still with Him? What will you do this week to be still and know that He is God? Talk about it, invite accountability, and take time to pray.