

FOUR MOVEMENTS OF SABBATH

Mark 2:23-3:6



SYNOPSIS

God made the Sabbath Day holy, set apart from the other six days. The Sabbath is a gift from God, an ancient principle of rest woven into the fabric of creation itself. As our Life Groups launch into a quarter of studying and practicing Sabbath, P. Peter kicks us off by discussing the four movements of Sabbath: stop, rest, delight, and worship.



OUTLINE: THE 4 MOVEMENTS

1

STOP

"When we live in alignment with this ancient rhythm, we find peace and joy, but when we fight it, we fracture our souls." Martin Luther and other Christian thinkers differentiated between our primary and secondary callings. Our primary calling is to Jesus. Our secondary calling is to vocation. When we make our secondary calling primary, we give into idolatry and suffer a fractured soul. We know how to work. Do we know how to stop and focus on our primary calling?

2

REST

"Sabbath is...a form of resistance that requires us to fight powerful forces that war against Sabbath spirituality." The Sabbath was made for man (Mark 2:27) as a gift, not another burden. But we must practice and accept being bad at Sabbath, at first. The Pharisees would have preferred the disciples to go hungry, and the man to keep his shriveled hand, over experiencing true rest on the Sabbath, all in the name of good intentions. Anything that would result in death (vs. life) and looking to ourselves (vs. looking to Christ) makes us spiritual slaves. Let's not judge one another when Jesus has freed us. (Col 2:16-17; Rom 14:5)

3

DELIGHT

"Sabbath is a full day set aside to celebrate our life with God in his world, and it is designed to be done in community — a life-giving day of delight." God wants us to experience his shalom (i.e. harmonious peace). Where we see shalom broken could be an invitation to intercession.

4

WORSHIP

"Sabbath isn't just a day to stop, rest, and throw a feast in community — it's a holy day set apart and dedicated to God himself." Worship is the crescendo of the 4 movements. Their sequence shows how one feeds into the next, culminating in the worship of God.

Dallas Willard's one word to describe Jesus was "relaxed". He carried out his mission on earth in a relaxed manner all the way through the cross. Let us become more like Jesus: relaxed and present with God and with one another.



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DISCUSSION QUESTIONS

1

Of the four movements, which seems the most/least attractive to you?

2

What is your experience with practicing the Sabbath? How do you feel about practicing it now?

3

On the spectrum between permissiveness and legalism, where do you land? What picture do you have of Sabbath spirituality?

4

What do you delight in? What does that say about the God who designed you in his image?

5

In what ways could your worship of God be expanded/enhanced/generated by the first three movements of Sabbath?



BIG IDEA

"The Sabbath was made for man, not man for the Sabbath." (Mark 2:27) We are poor Sabbath-keepers, but as we practice stopping, we can begin to rest, and have the margin to delight, and experience that delight turn spontaneously into worship.

May we practice to become more like Jesus: relaxed and present. May the Sabbath Day truly become holy (i.e. set apart) for us.