



SHORELINE.CHURCH

# RESTORE

March 2021

Women's Discipleship Community



## A Note From Our Team

**What do you think of when you see the word Sabbath?** Rest? A day off?  
The Lord's Day? Sunday? An unproductive waste of time?

"The word *Sabbath* comes from the Hebrew *Shabbat*. The word literally means *to stop*. The Sabbath is simply a day to stop: stop working, stop wanting, stop worrying, just stop. But Sabbath is more than just a day; it's a way of being in the world. It's a spirit of restfulness that comes from abiding, from living in the Father's loving presence all week long." John Mark Comer, *The Ruthless Elimination of Hurry*, 148-149.

The rhythms of our life have been interrupted this past year with all the changes our world faced due to the pandemic. Though we cannot control most things, one rhythm we can control is engaging in Sabbath rest - laughing, playing, relaxing, but ultimately, setting aside sacred time with our Heavenly Father without the stresses and worries of to-do lists and deadlines.

Jesus led by example during His life on earth. He often escaped the hustle and bustle to a place where God could speak to Him. This was absolutely essential to Him. Even with all of the people seeking His healing, the crowds seeking His teaching, and His disciples seeking His wisdom - He made time to step back. Of all the people on earth who did not need this ritual of rest - it was God Himself! Yet He practiced this sacred rhythm of rest as an example of how to abide in Him. We practice Sabbath for our souls to be restored. We practice Sabbath to rest and to hear His voice. But most importantly, we practice Sabbath to acknowledge that **we are not in control**.

And now you are invited this month to explore this gift of Sabbath. We will help you prepare, plan, and practice the art of sacred rest. Friend, it's time. Take a deep breath in. Put your cell phone out of reach. Let your heart slow down. Let God take care of the world and **accept this invitation to be restored**.

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

Matthew 11:28-29

# What is Sabbath?

"The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. Few people are willing to enter the Sabbath and sanctify it, to make it holy, because a full day of delight and joy is more than most people can bear in a lifetime, let alone a week."

Dan Allender, *Sabbath: The Ancient Practices*, 4.

"Sabbath is the God-ordained discipline of setting aside one day out of seven for the sake of refreshing worship of the Lord, joyful community with His people, and rest-filled activity that is different from what we do on the other days of the week. Sabbath is a time to connect with our Maker and provide space for worship, praise, prayer, and growing in intimacy with the Lover of our souls."

Kevin Harney, *Seismic Shifts: The Little Changes that Make a Big Difference in Your Life*, 107.



# Barriers to Sabbath Rest

*That is why God eventually had to command the Sabbath. Does that strike you as odd? It is like commanding ice cream or live music or beach days. You would think we'd all be chomping at the bit to practice Sabbath. But apparently, there's something about the human condition that makes us want to hurry our way through life as fast as we possibly can, to rebel against the limitations of time itself. Due to our immaturity, dysfunction, and addiction, God has to command His people to do something deeply giving - rest.*

John Mark Comer,  
*The Ruthless Elimination of Hurry*, 159.

**What comes to mind when you think of the command of the Sabbath? Do you have a preconceived notion of what the Sabbath is supposed to look like?**

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**What keeps you from fully receiving this gift of the Sabbath? List below some barriers you face that prevent you from practicing the ritual of Sabbath.**

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# Understanding the Gift of Sabbath

*God made us for hard work and meaningful engagement...no question. But God also created us with a need for rest, refreshment, and moments when our souls are recharged and renewed. Rest is so central to the human experience that Jesus built in a rhythm of rest into the days, weeks, months, and years of His life. Our Savior slipped away from the crowds and demands and found quiet time with His Father. Jesus was Immanuel, God with us. He was perfect God and perfect man. Yet, He still made rest a cornerstone of his life. It was a priority.*

Rebekah Lyons, *Rhythms of Renewal*, 34.

## READ

Find these passages in your NIV Bible or use [BibleGateway.com](http://BibleGateway.com) and fill in the missing words. Use the questions below to reflect on what you have learned or reviewed.

### Genesis 2:1-3

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had \_\_\_\_\_ the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he \_\_\_\_\_ from all the work of creating that he had done.

### Exodus 20:8-11

"Remember the Sabbath day by keeping it \_\_\_\_\_. Six days you shall labor and do all your work, but the \_\_\_\_\_ day is a sabbath to the Lord your God. On it, you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days, the Lord made the heavens and the earth, the sea, and all that is in them, but he \_\_\_\_\_ on the seventh day. Therefore the Lord \_\_\_\_\_ the Sabbath day and made it holy."

### Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a \_\_\_\_\_ place, where he \_\_\_\_\_.

## REFLECT

What are three things you learned or were reminded of in the passages above?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## RESPOND

What is one shift in thinking you can make regarding Sabbath rest to align with the truth of Scripture? What might you do differently in light of these truths?

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# The Secret of Sabbath

*Observing the Sabbath is a declaration that we trust God is capable of running the universe without us. Every time we take a Sabbath, we declare our confidence in God. When we unplug, stop working, enjoy the blessings of worship, engage in the joys of fellowship, and dive into the refreshment of God-led play, we walk in the spirit of Sabbath.*

Kevin Harney, *Seismic Shifts: The Little Changes that Make a Big Difference in Your Life*, 109

## DEFINE

### The Sabbath is NOT:

- Just giving up "work." For the 1st century Jewish person, there were lists of things that were considered work such as preparing a meal, walking, raising your voice, reaping, threshing, lifting...among thirty-nine other categories. However, the spirit of this command is to refrain from things that empty your energy and create space to be filled by God.
- About legalism and limitations. It is not a list of "thou shalt not's" in an already legalistic and limited lifestyle. The Pharisees of Jesus's day were too consumed by the list of "rules."
- A set time for every person. For some, Sabbath might look like a 24-hour period of time, but for others, it may look like a few hours, depending on the stage of life that you are in.

### The Sabbath IS:

- Worship. Sabbath rest is recognizing our humanity and limitations. Your Sabbath should allow you to worship the God who designed you to be dependant on Him!
- Something you look forward to all week long. When we want to do something, we make time for it. Shift your thinking from something you are required to do, to something you look forward to and enjoy.
- A reflection of your spiritual pathway. To find your spiritual pathway, take the Spiritual Pathways Self-Assessment at [www.shoreline.church/find-your-spiritual-pathway](http://www.shoreline.church/find-your-spiritual-pathway) and view our February 2021 Women's Discipleship Community resources at [www.shoreline.church/women](http://www.shoreline.church/women).
- A time of joy and rest. Think of a few things that bring you joy; things that refill your energy rather than depleting it. This looks different for every person!

## BRAINSTORM

After learning what the Sabbath IS and IS NOT, make a list of 10 activities that bring you joy and rest. A couple of ideas to get you started are going for a hike, reading a devotional, taking a bubble bath, or preparing your favorite meal. The goal is to spend quality time with God.

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

# Preparing, Planning, & Practicing

*Becoming an apprentice of Jesus is a lifelong journey. He will use every day of my life to transform me, inside and out, using whatever life-giving ways He wants to use. We never find the time to do this patient work. We must make time. Unhurried time.*

Alan Falding, *An Unhurried Life: Following Jesus' Rhythms of Work and Rest*, 36-37

## PREPARE

Preparing for your Sabbath ensures that you can get everything out of the way to focus completely on your time with God. What are some things that you need to get done before your Sabbath this week? Check off each task as you complete it.

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Example: Grocery shopping | <input type="checkbox"/> |
| <input type="checkbox"/>                           | <input type="checkbox"/> |
| <input type="checkbox"/>                           | <input type="checkbox"/> |

## PLAN

Use the outline below to plan your perfect Sabbath. Fill-in each space with some of the activities you brainstormed on the previous page. Keep in mind that it does not need to be a full 24 hours, but a sacred and set-apart time to commune with God and find rest for your soul.

### MORNING

-- : --	_____
-- : --	_____
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### AFTERNOON

-- : --	_____
-- : --	_____
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### EVENING

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-- : --	_____
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# Sabbath for Families

*Play is a spiritual exercise that can teach us about living in the kingdom of God. With play, we learn to let go. We relax, let ourselves become vulnerable and open to whatever happens. We play because our God is good; grace is sufficient for us. When we play, we are training our bodies and souls to live with genuine excitement and hope. This is what the kingdom of God is all about.*

James Bryan Smith, *The Good and Beautiful Community: Putting on the Character of Christ*, 47-49

## PRACTICE

"I have kids! I can't Sabbath!" In parenting, there are no days off. But as we have learned, Sabbath is not a break from work, but a day of rest and joy. Establishing a rhythm of rest with your kids now can help set a pattern in their lives for the future. Below are some activities for your whole family to Sabbath together. Check the boxes next to the activities you would like to try!

- |  |   |
|--|---|
| <input type="checkbox"/> Memorize our theme verse, <b>Matthew 11:28-29</b> . See who can get it first!   | <input type="checkbox"/> Make a batch of chocolate chip cookies and enjoy with some vanilla ice cream.                            |
| <input type="checkbox"/> Make a "Sabbath Box" (any empty box will do). Put all devices in the box that might distract you during your Sabbath. | <input type="checkbox"/> Have an art day! Get all of your supplies ahead of time and try searching for a fun tutorial on YouTube. |
| <input type="checkbox"/> Pop some popcorn and watch a family favorite movie.   | <input type="checkbox"/> Play catch or a game of basketball if you have a hoop around.  |
| <input type="checkbox"/> Get some exercise! Take a hike, bike ride, or walk on the beach.  | <input type="checkbox"/> Share a meal. Order take-out or get the whole family cooking!  |
| <input type="checkbox"/> Attend a Shoreline Church service or watch online together.   | <input type="checkbox"/> Use the <b>Conversation Cards</b> on the following page around the dinner table.                         |

## HOMEMADE PLAYDOUGH

Try this easy playdough recipe with your kids as you practice Sabbath rest and play together. The recipe takes 5 minutes to prep and 5 minutes to make and will last for months. It is soft, stretchy, and non-toxic.

### INGREDIENTS

- 1 cup flour
- 2 tsp cream of tartar
- 1/2 cup salt
- 1 tbsp vegetable oil
- 1 cup water
- Food coloring of your choice!  
Add a few drops at a time until you reach your desired color.

### INSTRUCTIONS

- In a large bowl, combine dry ingredients (flour, salt, cream of tartar) and mix well.
- In a large pot over the stove, mix food coloring with water. Then add vegetable oil and dry ingredients.
- Cook over low to medium heat until the dough starts to form and becomes dry.
- Once it starts to harden, remove from heat. Let the dough cool completely before touching.
- Once cool, knead for 5 minutes to soften.
- If your dough is not soft, add a bit more oil and continue kneading for 5 minutes.



# Conversation Cards

*When we rush through life, we miss much of what God has in store for us just under the surface. We skim over relationships with spouses, children, and friends. We fail to go deep with God. We hydroplane over intimacy, joy, and rest. It is time to slow down, take a deep breath, chew our food before swallowing, rediscover God's presence, reconnect with people, dive deep, and learn the secret of Sabbath.*

Kevin Harney, *Seismic Shifts: The Little Changes that Make a Big Difference in Your Life*, 113

What is one of  
your favorite  
stories in the  
Bible?

What is your  
proudest  
accomplishment?

If you could only  
eat one meal for  
the rest of your life,  
what would it be?

What is one  
thing you  
learned today?

What motivates  
you to work  
hard?

If you could live  
anywhere, where  
would it be?

If you could  
choose to do  
anything for a day,  
what would it be?

Name ten things that  
bring you joy.

Read your  
favorite Bible  
verse out loud.

What makes you  
laugh the hardest?

What is your  
favorite ice cream  
flavor?

What is one thing  
you could not live  
without?

# RESOURCES

## SERMONS & PODCASTS

- "A Rhythm of Rest" from Kevin Harney, [www.shoreline.church/sermon-archive](http://www.shoreline.church/sermon-archive).
- "Empowered by Sabbath and Rest" from Nate Tibbs, [www.shoreline.church/sermon-archive](http://www.shoreline.church/sermon-archive).
- "7th Day Rest - Sabbath," a 14-episode podcast series from The Bible Project [www.bibleproject.com/podcast](http://www.bibleproject.com/podcast).
- "I Am Restored" from Trent Jenkins, North Coast Church, Daily Dose Devotional Series, [www.northcoastchurch.com](http://www.northcoastchurch.com).
- "Finding Soul Rest" from the Rhythms for Life Podcast with Gabe and Rebekah Lyons, [www.rhythms-for-life.simplecast.com](http://www.rhythms-for-life.simplecast.com).

## BOOKS, ARTICLES, & BIBLE STUDIES

- *Seismic Shifts: The Little Changes that Make a Big Difference in Your Life*  
by Kevin Harney
- *The Ruthless Elimination of Hurry*  
by John Mark Comer
- *Breathe: Making Room for Sabbath*  
by Priscilla Shirer
- *Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose*  
by Rebekah Lyons
- "Keeping the Sabbath: Is it Still Relevant to Christians Today?"  
by The Bible Project  
[www.bibleproject.com/blog](http://www.bibleproject.com/blog)