

SOUL CARE

R and R Exodus 20:8-11

1. God took a Sabbath (Genesis 2:2,3)

- The world was created with a rhythm of rest.
- We need to recognize that we are rest-based creatures.

2. God's people (and animals!) are to take Sabbaths. (Exodus 20:8-11)

- We are to remember it.
- We are to keep it holy.
- It's for everyone.
- It's a special day of blessing.
- *It's an expression of trust!*

3. God's creation was to be given a Sabbath. (Leviticus 25:1-5)

- Adequate and intentional rest increases productivity.

4. God's Son observed the Sabbath (Mark 2:23-27)

- Following Jesus should involve experiencing rest.

Observing the Sabbath

1. Schedule it.
2. Stop whatever you are doing.
3. Rest.
4. Sanctify the day.
5. Celebrate.

So, how is your soul today? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> exhausted | <input type="checkbox"/> peaceful |
| <input type="checkbox"/> numb | <input type="checkbox"/> content |
| <input type="checkbox"/> restless | <input type="checkbox"/> excited |
| <input type="checkbox"/> confused | <input type="checkbox"/> joyful |
| <input type="checkbox"/> hurt | <input type="checkbox"/> focused |
| <input type="checkbox"/> stressed | <input type="checkbox"/> relaxed |
| <input type="checkbox"/> conflicted | <input type="checkbox"/> responsive |
| <input type="checkbox"/> fearful | <input type="checkbox"/> fully alive |
| <input type="checkbox"/> defeated | <input type="checkbox"/> positive |
| <input type="checkbox"/> bitter | <input type="checkbox"/> warm |
| <input type="checkbox"/> distracted | <input type="checkbox"/> engaged |
| <input type="checkbox"/> cynical | <input type="checkbox"/> energetic |
| <input type="checkbox"/> dry | <input type="checkbox"/> receptive |
| <input type="checkbox"/> disengaged | <input type="checkbox"/> composed |
| <input type="checkbox"/> angry | <input type="checkbox"/> hopeful |
| <input type="checkbox"/> depleted | <input type="checkbox"/> united |
| <input type="checkbox"/> anxious | <input type="checkbox"/> rested |
| | <input type="checkbox"/> hydrated |

GROWTH *guide*

For those who are passionate about their faith!

Man was created with physical limitations and must rest—yet we find that so hard to do sometimes. What do this week’s passages teach us about seeking rest?

Monday | **Matthew 11:28-30**

What are some things that might steal rest from you? How do you think physical rest and soul rest are related? What does it mean to you that Jesus wants you to find rest?

Tuesday | **Mark 6:30-34**

Jesus’ followers had just returned from a missionary trip. What did Jesus suggest they do? How might the ideas of solitude and quiet contribute to your experiencing rest?

Wednesday | **Mark 4:35-41**

Do you find it odd that Jesus was asleep in the middle of the storm? What did he seem to indicate was the primary factor in him being able to rest while the others worried?

Thursday | **Psalms 127:1,2**

What might be some things that rob you of proper rest? Are any of your answers things that you might be able to hand over to God to let Him take care of?

Friday | **Psalms 23**

How does the picture that David paints in this Psalm contrast to what our lives look like on a daily basis? In what ways have you experienced God’s rest?

Sunday preview | **I Kings 19:9-13**

Why do you think God spoke to Elijah in a whisper? If he were to speak to you in that voice, would you be able to hear him? What things are causing noise in your life?

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