

These notes are designed to be used by small groups on Zoom, by members of a family or by a couple of friends on the telephone. They are based on our Sunday sermons and are designed to help us all think through the issues raised about “God in my Everything”. You will get the most out of them if you have heard the sermon first.

## Sermon Date

Sunday 14 March 2021 Alan Hulme

## Bible Passages

Exodus 20:8-11 Mark 2:23-28

## Theme & Introduction

Most of us will happily accept the principle that Sabbath is a good thing – a gift from God. What we often struggle to grasp is how, in this over-busy world, we can receive the gift. The sermon and this study are designed to help us to develop our practise of Sabbath.

## Questions

### 1. **Read Exodus 20:8-11.**

- How would most of the people you know react to being told to keep that commandment?

### 2. Alan’s claim was that most Christians accept the principle of sabbath, but we often struggle to know how to practise it. Do you agree with that?

- What struggles do you have?

- Do the ideas of sabbath being about ‘keeping rules’ chime with your experience? How?

- What in our society makes it hard for you to keep a sabbath?

### 3. **Read Mark 2:23-28.**

Jesus does not condone or defend his disciples. He simply claims that a more important principle is at stake. How would you describe that principle?

- Does your answer help you when working out what you should aim to do / not do on your sabbath?

### 4. What motivations are there to want to keep a sabbath, given that society fights against it?

### 5. Have you tried the “One Minute Pause” to put sabbath into your everyday? [see page 2 if you missed the sermon]. Share how you found it.

### 6. Alan referred to some research on smart phone use ( [SEE HERE FOR A SUMMARY](#) ) and suggested that smart phones can make keeping sabbath more difficult. Is that your experience? If so, what steps could you take?

### 7. Why is corporate worship an important component of Sabbath?

## The One Minute Pause

The 'One Minute Pause' is a simple way to put some sabbath time into your everyday.

- Pick 2 or 3 moments in the day when you are less likely to be interrupted.
- Be still and simply breathe.
- Say to yourself, or out loud, "*Jesus, I give everyone and everything to you*"
  - Keep repeating it...
  - Then towards the end you can say "*Jesus, I need closer union with you... fill me afresh with your Holy Spirit*"
- That's it! 60 seconds a few times a day. The one-minute pause. Why not give it a go?

If you like the idea of gentle music in the background and someone speaking the prayers for you, try the phone app "Pause" by "Wild at Heart", but silence and your own voice will work best for many.

## Further Reading

In addition to chapter 4 of "God in my Everything" by Ken Shigamatzu, I recommend:

On Sabbath:

"Subversive Sabbath" by A.J. Swoboda. ISBN-13 : 978-1587434051

On getting our use of technology into balance:

"Get your Life Back" by John Eldredge ISBN-13 : 978-1400219216