



STOP

PSALM 46

Message Reflection Guide

“To stop” is built into the literal meaning of the Hebrew word Sabbath. Yet most of us can’t stop until we are finished whatever it is we think we need to do. We need to complete our projects and term papers, answer our e-mails, return all phone messages, complete the balancing of our check books to pay our bills, finish cleaning the house. There’s always one more goal to be reached before stopping.

On Sabbath I embrace my limits. God is God. He is indispensable. I am his creature. The world continues working fine when I stop. – Pete Scazzero

CONVERSATION STARTER

How hard is it for you to slow down, stop and spend time with God? Can you identify areas of “busyness” in your life that may be unnecessary that could be cut back or eliminated?

GETTING INTO THE SCRIPTURES – Read Psalm 46

On Sunday Pastor Jason said God invites us to stop so that we may know Him and experience the depth of His wonder, glory and majesty. How does spending time with a person help you to know them better? How does this translate to our experience in knowing God better?

3 “Movements” of Sabbath in scripture:

CREATION Genesis 2:1-3 God effortlessly created the entire universe then rested. What does that tell us about the necessity of stopping to rest? How prone are you to burning yourself out by doing too many things?

COMMAND Exodus 20:8-11 The Israelites were enslaved in Egypt and their bondage was work. How was the command of Sabbath an image of salvation? In what ways can work become an idol in our lives? How can it impact your identity?

COMPASSION John 5:2-17 What are the dangers of being legalistic about Sabbath? What are the dangers of neglecting Sabbath? How do you balance life and Sabbath?

CHALLENGE

How has busyness choked out holiness in your life? The core spiritual issue in stopping revolves around trust. Do you trust God take care of you and your concerns if you obey him by stopping to practice Sabbath? What time can you set aside this week to stop and rest in the presence of God?