SURFACE TENSION

Week 6: The Rhythm of Sabbath & Rest

Matthew 7:24

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It is impossible to be spiritually mature, while remaining emotionally immature.

Pete Scazzero, Emotionally Healthy Spirituality

1 The idea of rest

Exodus 20:8-11

Lessons from this passage:

- The idea of regular rest is from God and it's holy!
- God presents this practice as a rhythm.
- The practice finds its origin from Creation.

What is this Rhythm of Rest?

- Daily Rest
- Sabbath
- Retreat

Mark 6:30-31

2 How does God's sabbath help us?

- Rest: It empowers our body.
- Refocus: It strengthens our faith.
- Renewal: It gives us opportunity to worship.

3 How can I create God's Rest Rhythm?

- Intentionally stop
- Rest strategically
- Delight wholeheartedly
- Contemplate

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The essence of being in God's image is our ability, like God, to stop.
We imitate God by stopping our work and resting.

Robert Barron

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