

## HEAR GOD - PART 3 ~ TOWER 2 - SABBATH REST

*“Every word of God is flawless; he is a shield to those who take refuge in him.”*  
Proverbs 30:5 (NIV)

*<sup>38</sup> As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. <sup>39</sup> Her sister, Mary, sat at the Lord's feet, listening to what he taught. <sup>40</sup> But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” <sup>41</sup> But the Lord said to her, “My dear Martha, you are worried and upset over all these details! <sup>42</sup> There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”*  
Luke 10:38-42 (NLTSE)

### 3 Simple Observations from this Story:

1. When we are super \_\_\_\_\_, we end up \_\_\_\_\_ the voice of Jesus.
2. When we are not \_\_\_\_\_ to the voice of Jesus, we end up \_\_\_\_\_.
3. Mary discovered the one thing that matters most. There is a time to stop \_\_\_\_\_ and \_\_\_\_\_ for the voice of Jesus.

**In Scripture, this is called practicing \_\_\_\_\_.**

*Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God... Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.*  
Deuteronomy 5:12-15 (NLTSE)

### 3 Important Points About New Testament Grace-Based Sabbath Rest

1. Sabbath rest is a pre-law principle for \_\_\_\_\_, not just an Old Testament Jewish Law.

*On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*  
Genesis 2:2-3 (NLTSE)

2. The New Testament never says practicing a Sabbath is wrong; it just says not to \_\_\_\_\_ people who don't practice it.

*So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. For these rules are only shadows of the reality yet to come. And Christ himself is that reality.*  
Colossians 2:16-17 (NLTSE)

3. I personally believe that one of the chief sources of \_\_\_\_\_ and \_\_\_\_\_ health comes from practicing a Sabbath rest.

*The Sabbath is the LORD's gift to you... Exodus 16:29 (NLTSE)*

*Then Jesus said to them, “The Sabbath was made to meet the needs of people...”*  
Mark 2:27 (NLTSE)

### A Simple Practical Guide to Practicing a Sabbath Rest So You Can Hear the Voice of God

\_\_\_\_\_ Work

Enjoy \_\_\_\_\_

Practice \_\_\_\_\_

\_\_\_\_\_ God

*“If you... call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the LORD, and I will make you ride on the heights of the earth.”*  
Isaiah 58:13-14 (ESV)

### Questions for Thought and Discussion

1. How might practicing a Sabbath rest look for you?
2. What are some of the reasons that practicing this discipline is/has been difficult for you?