

GOING DEEPER
August 22 & 23, 2020

Title: Reimagine Rest: Part 2

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Text: Isaiah 30:15-16, Jeremiah 6:16, Nehemiah 8

The greatest motivation toward Reimagining Rest is to surrender control to God and recognize our own limitations. The fruit of that rest then becomes joy & celebration and receiving the gift that is REST!

LOOK AT THE WORD

Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it. Isaiah 30:15

Read Isaiah 30:1-22. Make a note each time there is a consequence/outcome for the people of Israel. In understanding they are in control of their own story, which outcomes are negative and what are positive?

In this passage, what successes or achievements are promised by God if they acknowledge His control?

See also Jeremiah 6:16-21 where Israel, in choosing their own road, becomes an example to all the other nations around them.

LOOK INWARD

Gordon MacDonald describes the keeping of Sabbath as a regular rhythm of rest, as the first of a number of 'fences' God would build into the kingdom lifestyle of His children. These fences, or practices, were important because they provided marks of distinctiveness for those living in agreement with God's Lordship.

If you were to stop and rest for 24 hours, what is your biggest fear?

What fences currently exist in your life to mark the difference between work and rest?

In building your fence to establish a place of rest, make a list of all the things you do or that take your time and energy. If you had 24 hours to do anything, what would you say yes to doing? Would it include anything from your list? What would you say no to doing? Start here, because developing a practice of rest requires a learning process of what we think gives us rest and what ACTUALLY gives us rest.

When we enter a day of rest, we are admitting that we are human beings with limitations. Where have you already reached your limit physically, emotionally or intellectually? What do you need to receive from God to a) be able to trust God can work within your limits/rescue you from being over-the-limit or b) choose to ensure you stay within your limits?

LOOK OUTWARD

Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath...

[Jesus asks] "Is this a day to save life or to destroy it?" Mark 3:1-3, 4

God's call to practice rest is to save and give life. Jesus sees how this day of rest could be used to provide healing in this story (Mark 3:1-6). He is angered and saddened by his audience's inability to choose wisely.

Who would benefit from seeing you surrender control, recognize your limits and let God take control of 24 hours of your week? What would they see? How would that be different from what they regularly see from you?

How could you share your practice of rest with others so that it would save their lives or give life to them? (e.g. leaders, if you never slow down, what is that telling the people who are following you?)

SO WHAT:

The whole point of the Sabbath is to honour our need for a sane rhythm of work and rest. It is to honour the body's need for rest, the spirit's need for replenishment, and the soul's need to delight itself in God for God's own sake.

– Ruth Haley Barton

NEVER STOP PRAYING

- Pray for the growing wild fires and the delayed fire season; pray for the residents of Beavertown, Penticton and Skaha Lake that they would know God's provision
- Pray with thanks for an opportunity to rest, renew and restore with a vacation this summer
- Persistently asking God to overcome COVID-19; to bring refreshing, encouragement renewal to our neighbourhoods and communities.
- Pray for relationship connections that will help each person take their next step in following Jesus; for those who have joined common groups at Trinity
- For wisdom and discernment as authorities and communities deal with the ongoing challenges of COVID-19; in public areas, as schools plan to restart, as authorities discern acceptable risk and the Church seeks to be a Gospel-presence in all these spaces
- Pray for those hearing about resting for a day and wanting to begin trying to practice it; for wisdom, strength and conviction