

Sabbath Sunday →

December 28, 2025

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# **SABBATH SUNDAY GUIDE**

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# Sabbath Sunday

## 01

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## Overview

Part of the culture at Movement Church is that we honor the Sabbath. Sabbath simply means rest. We take one day a week, every week and we rest from work just how God modeled for us in the book of Genesis where he rested. We also take one Sunday a year and we daily encounter God but from our homes or wherever you are today. We want to encourage you, wherever you are, gather your family, friends, or neighbors and begin to prepare your heart to encounter Him today. As you are leading yourself or others here are a few things you will need: Your bible and a way to play worship music.

A word to those with small children:

**Be flexible** in your expectations and let them explore or even wander a bit while keeping the spirit of worship and Bible learning intact. Children can color, play with fidgets, or legos and still be connected and receive.

**Communicate** your expectations- “while I share, I want everyone to stay in this room and not run around.”

**Involve them** by asking them questions and allowing them to answer or let them help you find the bible verse in the Bible.

## 02

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# Pray

Father, we come before you today with hearts open and expectant, longing for Your presence. You are the God who draws near, the One who meets us where we are, and we ask you to encounter us in a fresh and powerful way. We know freedom is found in your presence and we desire to be more free today than we ever have been. As we seek You we ask for the Holy Spirit to guide and lead us into that freedom. Quiet the noise in our minds, calm the distractions around us, and help us fix our eyes on You. Amen.

# 03

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## Worship

Brandon Lake- Gratitude (With Lyrics)

<https://www.youtube.com/watch?v=UoHrBNTfzls>



Bethel- Goodness of God (With Lyrics)

<https://www.youtube.com/watch?v=-f4MUUMWMV4>



# 04

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## Lead

**Watch Sermon Live @ 10am**

Facebook, Youtube, or MovementApp

**Link Here:**



**RHYTHM OF REST NOTES**

# **FIVE COMMON MISCONCEPTIONS ABOUT SABBATH**

Misconception 1: "Sabbath is Old Covenant."

Misconception 2: "Sabbath is legalistic or restrictive."

Misconception 3: "Sabbath means doing nothing."

Misconception 4: "Sabbath is optional when life is busy."

Misconception 5: "Sabbath can be ignored if something urgent comes up."

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## **REFLECTION QUESTIONS FOR THIS YEAR**

1. Where did God carry me?
  2. What prayers did He answer?
  3. What did He protect me from that I never saw?
  4. What grew in me?
  5. Where did I drift from His presence?
  6. What do I need to surrender before stepping into the new year?
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## **Renewal Questions for the New Year**

1. What needs to die so something new can live?
  2. What habits need changing?
  3. What relationships need healing?
  4. What rhythms need to be added?
  5. What is God calling me to believe Him for?
  6. How can I make more space for His presence this year?
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## **PARENTS GUIDE – SABBATH**

### **Helping Your Kids Discover Sabbath as God's Gift**

This guide helps parents lead their children to understand Sabbath as something God created for us.

Gather your family together at the table or in a comfortable sitting area. Be flexible in your expectations of small children. Children can color, play with a small toy, or build with legos and still be connected and receive from you.

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***Parent: Lead your family in prayer before you begin the teaching.***

## **God's Design for Sabbath**

### **For younger kids.**

"God made a special day for us to rest with Him."

### **For older kids.**

"God created a special day for us to rest. It's called "Sabbath". The Sabbath reminds us that we do not hold the world together – God does. Resting helps us remember that He is the one who provides."

### **Interactive moment.**

Ask: "How do you feel when you have had a full day with no rest?"

Let each child describe it in their own words.

Ask: "How do you feel when you get time to relax and breathe?"

Tie their answers back to God's design for Sabbath.

### **Help your children find the following scriptures in the Bible:**

– Mark 2:27-28 – "And he said to them, the Sabbath was made for man, not the man for Sabbath. So the son of man is Lord even of the Sabbath."

– Psalm 23:1-3 – "The Lord is my shepherd. I shall not want. He makes me lie down in green pastures. He leads me beside still waters, and he restores my soul. He leads me in paths of righteousness for his name's sake."

Discuss the scriptures.

## **The First R: Rest**

**Rest** is a gift from God. And it reminds us that God loves us before we do anything.

### **For younger kids.**

Ask: "God takes care of your heart. And He says that rest is GOOD for you. What's your favorite way to rest?"

### **For older kids.**

Ask: "What are things you do that make you feel proud? Does God love you even when you are not doing anything?"

### **Interactive moment.**

Have each child take one quiet breath.

Say: "During Sabbath, God wants us to remember we are His children. We do not need to earn His love."

### **Family question.**

"What is one thing you sometimes worry you have to do to make God happy?"

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## **The Second R: Remembrance**

Sabbath gives us time to look back and see how God has helped us.

### **For younger kids.**

Ask: "What is something God has helped you with?"

### **For older kids.**

Ask: "Where did you see God's goodness or kindness this year? How did He help you?"

**Interactive moment.**

Have each person share one moment from the past year where they felt safe, loved, protected, or encouraged.

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**The Third R: Renewed**

Sabbath gives us NEW strength to move into the coming week.

**For younger kids.**

Ask: "What do you need God to help you with this week?"

**For older kids.**

Ask: "What is something coming up that you need God to give you courage or peace for?"

**Interactive moment.**

Have everyone imagine their heart filling with God's strength like a growing light.

Say: "This is what God does on Sabbath. He fills us again."

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**Hearing God's Whisper**

We hear God best when we are calm and still.

**For younger kids.**

Ask: "Have you ever felt God speaking to you? What did He say?"

**For older kids.**

Explain: Elijah heard God in the quiet place, not the noisy place.

Ask: "Why do you think quiet helps us hear God?"

**Interactive moment.**

Invite the family to sit quietly together for ten seconds.

Afterward ask: "What did you feel during the quiet? What peaceful thought came to your mind?"

**Family question.**

"When do you feel most peaceful with God? How can we make more moments like that?"

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**Weekly Family Practice**

Choose one simple practice to try in the coming week.

1. **Share gratitude/remembrance.** At dinner time, each person names something God did for them this week.
  2. **Build a calm space.** Encourage kids to make a special space for their Daily Encounters with God. They can use this space to take a moment alone with God when they need peace.
  3. **Enjoy something together.** Rest includes joy. Do something fun and simple as a family.
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***Parent: Close the teaching with a prayer of thanks and surrender to God. Bless your children/family and thank God for them.***