

# SIMPLE SABBATH

Simple : Truth #1 : [MANUP.org](http://MANUP.org)

*Sabbath is an invitation to \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_ that God is in control.*

## **Matthew 11 (MSG)**

<sup>28</sup> Come to me. Get away with me and you'll  
recover your life. I'll show you how to take a real rest.

## **Sabbath is an Invitation to . . .**

1. Sabbath is an invitation to \_\_\_\_\_.

### **Genesis 2**

<sup>2</sup> On the seventh day God had FINISHED His work of creation,  
so He RESTED from all His work. <sup>3</sup> And God blessed the  
seventh day and declared it holy, because it was the day when  
He rested from all his work of creation.

*REST = Sabat - "to stop, to rest, to end, to remove"*

**Q:** What do you need to STOP doing?

- Stop \_\_\_\_\_ the problem.
- Stop \_\_\_\_\_ others.
- Stop making \_\_\_\_\_.

*Sabbath is an invitation to  
\_\_\_\_\_ doing and \_\_\_\_\_ being.*

2. Sabbath is an invitation to \_\_\_\_\_.

**Matthew 11 (MSG)**

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

*Sabbath is doing \_\_\_\_\_ that  
\_\_\_\_\_ your mind, body, and spirit.*

3. Sabbath is an invitation to \_\_\_\_\_.

**Ecclesiastes 3**

13 Every man should eat and drink and enjoy the fruits of his labor, for these are gifts from God.

*Sabbath is more than a \_\_\_\_\_ of rest - it’s a \_\_\_\_\_ of life.*

4. Sabbath is an invitation to \_\_\_\_\_.

**Ezekiel 20**

12 And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the LORD, who had set them apart to be holy.

*Sabbath is a weekly reminder that  
\_\_\_\_\_ is in control and \_\_\_\_\_ are not.*

## **Group Discussion.**

**Q:** What’s your biggest barrier to practicing Sabbath?

**Q:** What do you need to stop doing so you can rest?

**Q:** What’s a simple pleasure you can enjoy today?