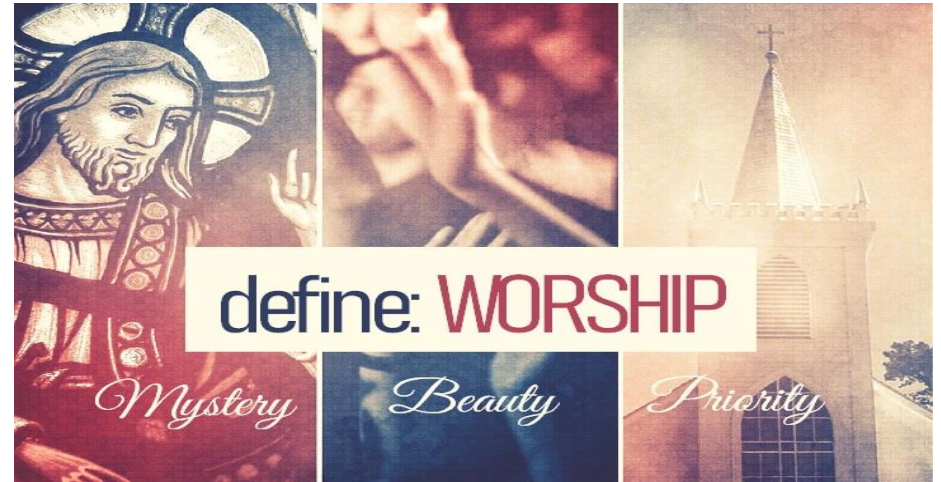




Doggy Bag: Something to Chew On Throughout the Week

1. Explore further the ancient readings on Sabbath and what they mean for you today:
 - a. Genesis 2:2 – 3
 - b. Exodus 20:8- 11 and Exodus 31:12 – 17
 - c. Deuteronomy 5:15
 - d. Isaiah 58:13 – 14
 - e. Ezekiel 20:12, 20
 - f. Matthew 11:28
 - g. Mark 2:23 – 27
2. What obstacles keep you and your family from keeping Sabbath?
3. How can you prepare for worship throughout the week so that keeping Sabbath can flow out of the natural rhythm of grace in your life? Consider how going to bed earlier, having an inward experience of examination and confession, reading the Scriptures for Sunday prior to worship, or arriving early for worship and taking a few moments to quietly center yourself could enhance your overall sense of God's presence.
4. What is your personal experience of what happens when you go a long time without making rest, spiritual renewal and worship a priority? How do you feel in mind, body and spirit?
5. If it's been a long time since you experienced deep rest, worship and community, what steps might you take to remedy the situation?
6. How might you enhance the experience of worship for others? Reflect on how learning to offer a sacrifice of worship might be a blessing to God and to you. Ask yourself, do you think of your fellow members at St. Thomas as "my people"? If not, why not? What can you do to support the unity of the body of Christ through your presence in worship?



The Priority of Worship
Exodus 20:8 - 11

Rev. Abi Foerster
February 3, 2019

1. _____ is a time to reconnect with God, ourselves and one another.

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. – Exodus 20:8 -10a (NIV)

"The essential ingredient of Sabbath is making it holy by making it God's." -- J. Dana Trent, "For Sabbath's Sake", p. 41 (2017)

- **Ponder: How do you currently observe the Sabbath? What are some of the ways you keep Sabbath holy?**

2. How does _____ want us to keep Sabbath holy?

“On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”
– Exodus 20:10b – 11 (NIV)

What does getting back to the basics look like for us?

➤ _____

²⁷Then Jesus said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is Lord even of the Sabbath.” -- Mark 2:27 – 28 (NIV)

➤ _____

*“If you watch your step on the Sabbath
and don’t use my holy day for personal advantage,
If you treat the Sabbath as a day of joy,
GOD’s holy day as a celebration,
If you honor it by refusing ‘business as usual,’
making money, running here and there—
Then you’ll be free to enjoy GOD!
Oh, I’ll make you ride high and soar above it all.
I’ll make you feast on the inheritance of your ancestor Jacob.”*
Yes! GOD says so! -- Isaiah 58:13 – 14 (Message)

“Worship is our response to the overtures of love from the heart of the Father.” Richard Foster, *Celebration of Discipline*, p. 138 (1978)

➤ _____

¹⁹ And this: if two or three of you come together as a community and discern clearly about anything, My Father in heaven will bless that discernment. ²⁰ For when two or three gather together in My name, I am there in the midst of them. – Matthew 18:19 – 20 (Voice)

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest.” -- Matthew 11:28 (NIV)

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.”



ACTIONS TO CONSIDER

1. **Put you phone away.** Silence it, place it in a drawer, or ask someone to keep it for you.
2. **Take a nap.** Spend time and rest awhile. Go outside, lie down and watch the clouds. Pray with gratitude for who God is.
3. **Attend worship weekly.** Sunday, Tuesday, or at a time that works for you.
4. **Sing your favorite hymns at home. Listen to devotional music in your car during your commute.**
5. **Try a different form of prayer** (contemplative, centering, extemporaneous, using a prayer book).
6. **Share a meal with someone you know well.**
7. **Share a meal with someone you don’t know well.**
8. **Plan a family night and keep it simple. Talk, laugh, have fun together.**