

A Sabbath Experience

Jim Anderson, Facilitator

Sabbath ***A Time to Release***

Cast all your anxiety on him because he cares for you. (NIV 1 Peter 5:7)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
(NIV Philippians 4:6-7)

Praise be to the Lord, to God our Savior, who daily bears our burdens. Selah
(NIV Psalm 68:19)

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

On a Sabbath Jesus was teaching in one of the synagogues, 11 and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. 12 When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." 13 Then he put his hands on her, and immediately she straightened up and praised God. Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath." 15 The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? 16 Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?" 17 When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing. (NIV Luke 13: 10-17)

Exercise for Releasing Concerns:

- 1. List your Concerns in your journal.***
- 2. From that list make a second list of actions you might take for given situations.***
- 3. Make another list concerning what only God can do. (prayer)***

This portion of the four hour weekly exercise should take at least one hour.

Serenity Prayer

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference." (Reinhold Niebuhr)

Sabbath A Time to Review

Let us examine our ways and test them, and let us return to the LORD.

(NIV Lamentations 3:40)

Search me, O God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

(NIV Psalm 139:23-24)

How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

(NIV Matthew 7:4-5)

"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. 26 Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean." (NIV Matthew 23:25-26)

Exercise for Reviewing One's Life:

- 1. Read over passages of Scripture which call for self-examination. Make them your prayer.*
- 2. Read any Scripture passage which comes to mind that pertains to you. Remember, this is not a time to analyze others; you are the subject at hand. Record your thoughts and prayers.*
- 3. Review your past week of activity, accomplishments and frustrations. Pay particular attention to any feelings or emotions.*
- 4. Study any passages of Scripture which speak to your situation and record any discoveries regarding yourself, i.e., actions, attitudes, etc.*
- 5. Take careful notes and do not be surprised if you find yourself incorporating many of your insights into devotionals to share with others.*

This portion of the four hour weekly exercise should take at least one hour.

Sabbath *A Time to Remember*

But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.
(NIV Deuteronomy 8:18)

"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.
(NIV Jonah 2:7)

Remember the wonders he has done, his miracles, and the judgments he pronounced,
(NIV I Chronicles 16:12)

Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"--
(NIV Ecclesiastes 12:1)

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel,
(NIV 2 Timothy 2:8)

He is not here; he has risen! Remember how he told you, while he was still with you in Galilee:
(NIV Luke 24:6)

Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day. (NIV Deuteronomy 5:15)

Exercise for Remembering the Lord

1. Read passages of Scripture which bring to mind both the work and person of God. Record your thoughts and prayers.
2. Praise God with words, songs, and prayers, etc. Find a place where you will not be inhibited.
3. Do that activity which is an expression of your appreciation of God.

This portion of the four hour weekly exercise should take at least one hour.