



## VOICES V

In our 2020 VOICES series, we welcome four guests from the larger body of Christ to open God's Word and bring perspective we need. This year's speakers include Jackie Hill Perry, Mark Sayers, Jon Tyson, and John Mark Comer.

### **4: SABBATH / JOHN MARK COMER**

Read the text: Mark 2:23-28

One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" And 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."

*This sermon, the last in our Voices series, also began our third quarter focused on being formed through the spiritual discipline of Sabbath. We hope you will also engage with our four-part guide to Sabbath, designed to be used both in your community and on your own. You can find it on the Doxa App and online here: [www.doxa-church.com/formation-sabbath](http://www.doxa-church.com/formation-sabbath).*

Jesus said, “The Sabbath was made for man, not man for the Sabbath.” Today, we especially need to hear the 1st part of Jesus’ words...that the Sabbath was made for man. We need to recapture the idea that the rhythm of Sabbath, or stopping one of every seven days to rest, delight, and worship, is a gift from God that we desperately need. John Mark Comer then used four words to describe what the Sabbath is about: Stopping, Resting, Delighting, and Worshipping.

Stopping- We’re invited to stop working, thinking about working, worrying, and wanting. The act of “stopping” requires we trust in God.

Resting- We’re invited to both physical and emotional rest on the Sabbath. On this day, we release the illusion of control to God and know that He will keep us in the midst of unfinished work.

Delighting- We’re invited to a a kind of resting that is a feast, a party, and a celebration. It’s about creating space for delight. As John Mark shared, “Sabbath is a day to feed our soul with beauty. To rewire the pathways of our brain to rejoice in the Lord always.”

Worshipping- When we stop to rest and delight...it leads us to worship God. We will find ourselves thanking God.

### **Discussion Questions:**

*These questions are written for DNA groups, but you can use in any setting, including missional communities. Because they were written for the intimacy of DNA friendships, you may need to adjust for larger groups.*

1. What has been your both your understanding and your experience of Sabbath? How does that fit with the Biblical picture of Sabbath that John Mark Comer painted for us (see above)?
2. What are the challenges or barriers you face when thinking about practicing Sabbath now?

3. What do you think God is calling you “stop” doing in order to really rest, delight, and worship Him on the Sabbath?
4. What are the gifts God has given you that bring delight? What is the difference between consuming gifts and delighting in them and the One who gave them?
5. What practical steps do you need to take in order to practice the Sabbath God has made for you? Take time to share with each other and commit to support each other in this.

*We highly recommend using our “Sabbath Formation Guide” to grow in rest, delight, and worship as a rhythm of life. You can find it on the Doxa App and on our website here: [www.doxa-church.com/formation-sabbath](http://www.doxa-church.com/formation-sabbath).*