



## Digging Deeper

A. The Problem: \_\_\_\_\_  
(Psalm 127:1-2)

B. God's Solution (Genesis 2:1-3; Exodus 20:9-11; Mark 2:27)

1. Sabbath is taking a day to remind myself that the world \_\_\_\_\_  
\_\_\_\_\_.

2. Sabbath is a day when my work is done \_\_\_\_\_  
\_\_\_\_\_.

3. Sabbath is a day to enjoy what God has \_\_\_\_\_  
\_\_\_\_\_.

4. Sabbath is a day when I am \_\_\_\_\_  
for relationships.

1. Do I believe it is spiritual to overwork and unspiritual to rest? If so, where did I get that idea?

2. Read Genesis 2:1-3 and Exodus 20:9-11. Do I have unhealthy ideas about what taking a day of rest means? If so, why?

3. When I've been unable to physically rest, how has it affected those around me?

4. Read Matthew 11:28-30 (see outline for The Message). Consider that Jesus is talking to you. What is your reply?

5. Further study: Do a study on the words "Sabbath" and "rest" using tools like Biblegateway.com or a concordance. What do you learn from these biblical themes?

**Recommended Reading:** *Making Room for Life* by Randy Frazee

## Simple Sabbath Ideas

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1. Participate in worship
2. Take a nap
3. Go old school and listen to an entire music album from start to finish
4. Walk or hike—with others or on your own
5. Enjoy a simple meal at home with friends and neighbors
6. Practice hospitality: invite new people to share in the joy of your Sabbath
7. Spend the evening around a fire pit in relaxed conversation
8. Throw a Frisbee or play catch
9. Find a good spot to watch the sunset
10. Play a board game
11. Ride bikes
12. Read for pleasure
13. Write
14. Visit a neighbor or friend
15. Go to the beach
16. Try a new recipe
17. Make something with your hands
18. Sit in silence
19. Reflect on Scripture
20. Draw, paint, sculpt
21. Go fishing
22. Count your blessings
23. Visit a museum
24. Go to the botanic gardens or arboretum
25. Work in a flower bed or garden

