

Sabbath: An Invitation to Enter Sacred Rest
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1. WE WERE NEVER MEANT TO LIVE PULLED APART INTERNALLY

“Her sister, Mary, sat at the Lord’s feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, ‘Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me. But the Lord said to her, ‘My dear Martha, you are worried [anxious] and upset [troubled] over all these details” (Luke 10:39- 41 NLT)!

2. SABBATH IS RETURNING TO GOD AS OUR PORTION

“The Lord answered her, ‘Martha, Martha, you are worried and upset about many things, but one thing is necessary. , Mary has made the right choice, and it will not be taken away from her” (Luke 10:41-42 CSB).

Psalm 73:26: "My flesh and my heart fail; but God is the strength of my heart and my portion forever."

3. TRAIN (DON'T TRY) TO SABBATH: Sabbath is the one commandment of God we brag about breaking.

“You can do more in 6 days WITH GOD than in 7 days WITHOUT Him.”

SMALL GROUP DISCUSSION QUESTIONS:

1. Martha was “distracted” and internally pulled apart by many responsibilities. What are some things in your life right now that make you feel spiritually fragmented or emotionally exhausted?
2. Jesus said Mary chose “the good portion.” What do you think it practically looks like to choose God as your portion in everyday life?
3. Have you ever experienced a season where you were busy doing things for God but felt disconnected from God? What helped you recognize it?
4. The message said, “Sacred rest is available, but we must choose to enter it.” What is one intentional step you can take this week to slow down and make space for God’s presence?