

SABBATH: WORSHIP THAT REORDERS THE HEART

Key Scripture

Psalm 95:1-7 | Exodus 16:1-30 | Romans 12:1-2

Big Idea

Sabbath creates space for us to worship God by remembering His goodness, trusting His provision, and surrendering our lives to Him.

1. WORSHIP BEGINS WITH REMEMBERING WHO GOD IS

Scripture

Psalm 95:1-7

“Come, let us worship and bow down; let us kneel before the Lord our Maker.”

Key Truth

Worship begins when we intentionally turn our attention back to God. Sabbath creates space to remember that He is our Creator, Shepherd, Provider, and King.

2. WORSHIP GROWS THROUGH TRUSTING GOD’S PROVISION

Scripture

Exodus 16:22-30

“Tomorrow is a day of complete rest, a holy Sabbath to the Lord.”

Key Truth

The Sabbath was not merely about resting from work—it was about trusting God. Every Sabbath is an act of faith that declares God is our provider and sustainer.

3. WORSHIP LEADS TO A LIFE OF SURRENDER

Scripture

Romans 12:1-2

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true worship.”

Key Truth

Biblical worship is more than singing songs. Worship is offering our entire lives to God in loving surrender. The goal of Sabbath is not merely a rested body, but a transformed and surrendered life.

SMALL GROUP DISCUSSION QUESTIONS

1. Psalm 95 calls us to worship and bow down before the Lord. What are some things that compete for your attention during the week and make it difficult to focus on God?
2. In Exodus 16, God asked Israel to stop gathering manna and trust His provision. What is one area of your life where God may be inviting you to trust Him more deeply?
3. Romans 12 describes worship as offering our lives as a living sacrifice. What is one practical way you can surrender an area of your life to God this week as an act of worship?