



STAND YOUR GROUND Part 2: May 7 & 12, 2021
How can I practice Sabbath?

Commandment #4: Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. Ex. 20:8-10a

A Sabbath to the Lord your God:

- Ephesians 3:14-19

Sabbath is about relationship:

- I Thes. 4:11, “Aspire to live quietly and to mind your own affairs.”
- Mary & Martha

Sabbath is made for man, not man for the Sabbath:

- Mark 2:27-28

How was the Sabbath made for me?

(Sacred Pathways, by Gary Thomas)

- The Naturalist: Loving God outdoors
- The Sensate: Love God with the senses
- The Traditionalist: Love God through ritual and symbol
- The Ascetic: Love God in solitude and simplicity
- The Caregiver: Loving God by loving others

The Enthusiast: Loving God with celebration

The Contemplative: Loving God through contemplation

The Intellectual: Loving God with the mind

Questions for discussion:

- 1) Has my practice of the Sabbath been hindered because it was taught as a style or temperament that just doesn't fit me?
- 2) In which of the "sacred pathways" do I feel most at home, where I can be myself, and I'm drawn to worship God?
- 3) What is one sabbath take-away I could begin practicing?