



SUMMER AT ENCOUNTER

THE DIVINE RHYTHM OF REST

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MESSAGE NOTES

Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest." — Mark 6:31

- **The Origin of Rhythm**

By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. And God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done. — Genesis 2:2 –3

- **The Reason of Rhythm**

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. — Exodus 20:11

- **The Value of Rhythm**

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ. — Colossians 2:16 – 17

- **The Gift of Rhythm**

Then He said to them, "The Sabbath was made for man, not man for the Sabbath. — Mark 2:27

- **The Practice of Rhythm**

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. — Colossians 3:17

- **The Application of Rhythm**

1. RESIST
2. RELAX
3. REFLECT
4. RECHARGE

Come with Me by yourselves to a quiet place and get some rest. — Mark 6:31



DISCUSSION

1. Where have you been that was restful, lifegiving, and beautiful? Your personal “Belize.”
2. What has been most lifegiving and restorative to you this week?
3. What are your “Sabbath Bandits” — What tends to rob you of Sabbath and restful enjoyment of life?
4. What one change could you make to begin to have fantastic rest and enjoy divine rhythm? When will you do this?
5. Genesis 2:2 – 3 By the seventh day, God had finished the work He had been doing, so on the seventh day, He rested from all His work. And God blessed the seventh day and made it holy, because on it He rested from all the work of creating all that He had done.
 - Why did God cease on the 7th day?
 - What does the word Holy imply in this passage?
 - Exodus 20:8 says, what about this “Holy” day?
6. Why is the Sabbath no longer a LAW?
 - Read Colossians 2:16 – 17 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration, or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.
 - Note the New Testament never teaches that Sabbath is a rule for the church, and the Early Church didn't follow Old Testament Sabbatical rules.
7. What tiresome and difficult events have been happening in your life recently?
 - Note: Jesus invites you to come away with Him — to rest — to a quiet place. Will you accept His invitation? When?
8. Jesus often had conflict with the religious leaders of His day ... about the Sabbath!
 - Read Mark 2:23 – 28.
 - What was the conflict about?
 - What does it teach us about the Sabbath and Jesus' role in it?
9. Read Mark 3:1 – 6. What Does this teach us about God's view of the Sabbath?
10. Give an example of intentional Stopping of GSD — getting stuff done. (i.e. — One thing you'd need to stop doing, specifically if you took a day of Rest.)
11. Give an example of how you could worship God on your rest day.
12. Give an example of something that charges your batteries, something that you could engage in on your day of Rest.
13. What steps will you take this week to change the rhythm of your life?

If you still have time:

- How are you feeling lately with regard to rest versus stress?
- In Mark 6:31 Jesus invites His disciples to do something ... What was it, and what events had been happening that caused Jesus to invite them into Rest?