



Micro-Group (MG) Moment: Considering "The value of a Sabbath" within the context of our Small and Micro-Groups:

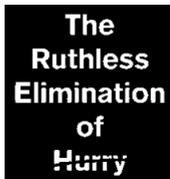
Opening conversation (tent cards on tables): Read this quote to the group and answer the questions below:

"Sabbath is coming for you, whether as delight or discipline. Maybe that is why God eventually has to command the Sabbath. Does that strike you as odd? It's like commanding ice cream or live music or beach days."

~ J.M. Comer, p. 159 *The Ruthless Elimination of Hurry*

- What things or events do you currently participate in that are both enjoyable AND good for you?
 - How does (or can) God fit into those activities or things?
 - How do (or can) others fit into those activities or things?

Leader: Let's discuss some quotes from our Lenten book *The Ruthless Elimination of Hurry* by J.M. Comer: (*Have someone read*)



In the language of math:
Infinite desire – finite soul = restlessness.

~ J.M. Comer, p. 145
The Ruthless Elimination of Hurry

- What do you think of this description about the impact that our desires have on our bodies, minds, hearts and souls? Does it "add up" for you or fall into the "does not compute" category? Explain why.



Sabbath is more than just a day; it's a way of being in the world. It's a spirit of restfulness that comes from abiding, from living in the Father's loving presents all week long. You could frame it like this:

Restfulness

- Margin
- Slowness
- Quiet
- Deep Relationships
- Time Alone
- Delight
- Enjoyment
- Clarity
- Gratitude
- Contentment
- Trust
- Love
- Joy
- Peace
- Working from love
- Work as contribution

Restlessness

- Busyness
- Hurry
- Noise
- Isolation
- Crowds
- Distraction
- Envy
- Confusion
- Greed
- Discontentment
- Worry
- Anger, Angst
- Melancholy, Sadness
- Anxiety
- Working for love
- Work as accumulation

and accomplishment

Which list best describes you? If you resonate more with list B, again, zero guilt trip. Human nature and the digital age form a foreboding alliance *against* a spirit of restfulness we all struggle in this area. p. 149

- Rate the areas of **restfulness** listed above with a quick 1-4 scale with (1) being constant and (4) being rare in your life.
- Repeat the ratings for the list under **restlessness** with a quick 1-4 scale with (1) being non-existent and (4) being constant.

**The
Ruthless
Elimination
of
Hurry**

No wonder the writer of Hebrews, speaking of Sabbath and its spirit of restfulness, called us to “make every effort to enter that rest.” Notice the irony of that command; we are to work hard to rest well. There is a discipline to the Sabbath that is really hard for a lot of us. It takes a lot of intentionality: it won't just happen to you. It takes planning and preparation. It takes self-control, the capacity to say no to a list of good things so you can say yes to the best.

J.M. Comer, *The Ruthless Elimination of Hurry*, pp. 150

- Where has working hard to rest paid off for you? Preparing for a vacation or stay-cation? Health or diet success? Relationship development? *Describe the reason for your answer.*
- Where are you **most/least** intentional in your spiritual life?
 - Bible reading and/or Bible Study
 - Prayer and/ or meditation
 - Devotions and/or Reading
 - Worship Attendance and/or leadership
 - Small and/or Micro-group participation
 - Fellowshiping and/or encouraging other Christians
 - Serving others inside/outside the church family
 - Sharing personal testimony or faith stories with others

**The
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(quote from AJ Swoboda) The Sabbath has largely been forgotten by the church, which has uncritically mimicked the rhythms of the industrial and success-obsessed West. The result? Our road-weary, exhausted churches have largely failed to integrate Sabbath into their lives as vital elements of Christian discipleship. **It is not as though we do not love God – we love God deeply. We just do not know how to sit with God anymore.** p. 152

- Do you find this highlighted notion to be true for you?
 - If so, what do you attribute this reality to?
 - If not, what do you attribute this reality to?

To close for today, develop a prayer built around this thought from the book:

**The
Ruthless
Elimination
of
Hurry**

The Sabbath is to a spirit of restfulness what a soccer practice is to a match or band practice is to a show. It's how we practice, how we prepare our minds and bodies for the moments that matter most.

J.M. Comer, *Ruthless Elimination of Hurry*, pp. 150

- Build up our comfort level of spending time alone with You God
- Build in us a spirit of restfulness coming from Your Holy Spirit
- Help us handle the idea of sabbath in a godly way
- Help us be prepared for the moments that matter most