

## Soulfull

*Is it well with your soul? For so many of us the honest answer would be “no.” We have accepted as normal a way of doing life that is toxic to our inner world. But Jesus is offering a way to live that promises rest for our souls. We can redefine normal. We can take his yoke. We can be soulfull!*

**Week 2: Get Chill!**

1. Rick began by reminding us that “*Jesus is inviting us to do life differently*”. **Read Matthew 11:28-29**. What is one thing you have recently learned from the example of Jesus to better care for your soul? How has that helped you to live differently?
2. **GRACE AS REST** *Sabbath is an orientation built into creation by God Himself*. **Read Genesis 2:2-3**. What is significant about remembering that Sabbath rest is grounded in creation? How does that differ from other creation accounts and our culture? Follow up: **Read Exodus 20:8, 11**. *The God of the Bible makes sabbath for man, and nowhere in the Bible does it indicate that God has taken His gift back. That’s because **our souls need rest to be their best***. In what ways have you experienced Sabbath to be a gift?
3. **EMBRACE THE SABBATH: Sabbath is a command to relax**. **Read Exodus 20:9-10**. What are some intentional ways you create space to relax? How does that benefit you and those around you? Follow up: Why is it important for us to accept our limits?
4. **EMBRACE THE SABBATH: Sabbath is an opportunity to replenish**. **Read Ecclesiastes 3:13**. What are some of the “gifts from God” that replenish your soul? What delights your soul? What is one thing you can do today to fill your cup?
5. **EMBRACE THE SABBATH: Sabbath is a time to remember**. **Read Luke 4:16**. Why is it important to see that Jesus always remembered the Sabbath? Follow up: In what ways is “remembering” a primary function of Sabbath? What can Sabbath remind us of?
6. **EMBRACE THE SABBATH: Sabbath is a form of resistance**. **Read Deuteronomy 5:15**. Why is it interesting to notice that in this passage Sabbath is not grounded in creation, but in liberation? Follow up: How is Sabbath a form of resistance today?
7. **FACE THE TRUTH: One way or the other, Sabbath is coming!** Why is that important to remember? How can Sabbath be good for your soul? As you wrap up take some time to talk through the notes on page two about what you’re going to do with this lesson.



Rick wrapped this message up by asking, “**So what are we going to do with this lesson?**” He encouraged us not to beat ourselves up. *For most of us, having a Sabbath orientation is not going to look like it did for a Hebrew in an agrarian society.* But all of us can take steps to bless our souls with rest.

Here are some of the next steps he mentioned:

- worshipping corporately every week
- being intentional about being off work
- making margin to do things that replenish us
- finding “sabbath moments” throughout the day
- creating tech free times and places
- go to bed earlier

How has one of these been a blessing to you recently? What is something you would add to that list?

Do not feel guilty for not keeping the ideal Sabbath. **But do something before you do everything.** With that in mind, what is something you can do this week to find rest for your soul?

Remember, Sabbath is not a season but a lifestyle. When you are ready to learn more about the practice of Sabbath, we encourage you to check out this free resource from **Practicing the Way**: <https://www.practicingtheway.org/sabbath>

