

DAVID'S MEN

SEEKING THE HEART OF GOD



Sabbath

This month we focus on Sabbath. If we are honest, most of us probably don't completely understand it much less practice it on a regular basis. Our aim this month is to slow down our lives for both refreshment, as well as hearing from and resting in God.

One of the key themes you will pick up this month, is the idea that if you want to experience the life of Jesus, you must adopt the lifestyle of Jesus. This premise is based off the truth that Jesus never personally commands you to practice spiritual disciplines (Sabbath included) rather he does them and says, "follow me."

John Mark Comer, in his book *The Ruthless Elimination of Hurry*, will break down four practices for unhurrying your life including:

1. Silence and Solitude
2. Sabbath
3. Simplicity
4. Slowing

The assignment this month includes ideas from the book and will probably look a little different for each individual in the group. Find creative ways and look to the examples in the book to help you ruthlessly eliminate hurry in your lives and practice the discipline of sabbath.

Current Month Assignments

- Read the following book on sabbath
 - [The Ruthless Elimination of Hurry - John Mark Comer](#)
- Prepare a book summary (approximately one page) with the following info:
 - List the big ideas.
 - List your key takeaways.
 - Discuss how you will apply to your life now.
 - Email this summary to each DM in your group prior to this month's meeting.
- Begin practicing the four examples given to eliminate hurry in your life.
 - **Silence and Solitude** – Set aside a minimum of 3 days a week to put away distractions and sit alone with God and his word for 20 minutes. (Time away from the internal and external noise)
 - **Sabbath** – Spend one day a week doing something that leads your heart towards grateful recognition of God's reality and goodness.
 - **Simplicity** – Find a way to simplify your life this month (Look to pages 205-213 for examples - clean out the closet, don't buy what your flesh desires, etc.)
 - **Slowing** – Deliberately choose to place yourself in positions where you simply have to wait. (Look to pages 223-242 for examples)
- Memorize the verses attached. Be prepared to quote each verse and reference. *Review your verses from previous months to ensure they become deeply rooted!*
- Man-date: When you meet, *discuss your progress and struggles of practicing sabbath in your life, and your verses.*

Resources:

- [Bible Project - Keeping the Sabbath: Is it still relevant to Christians today?](#)

Memory Verses

Sabbath

Matthew 11:28-30 – Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Silence and Solitude

Psalm 46:10 – Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth!