



August 9, 2020
Pastor Eric Wakeling

Let's Practice the Sabbath Isaiah 58:13-14

What is the Sabbath?

- Genesis 2:1-3
- Exodus 16:22-30
- Exodus 20:8-11; Deuteronomy 5:12-15

Sabbath is a gift, not a restriction.

- Mark 2:27-28
- Colossians 2:16-17

Sabbath is taking delight in the Lord Isaiah 58:13-14 (NIV)

Sabbath is resting in God Matthew 11:28-30

So what do we actually do on the Sabbath?

Response: Choose a day that you will practice Sabbath this week. Make a plan for what you will do. And then do it! Rest in the Lord and find peace for your weary soul.



DIGGING DEEPER

PREPARING TO PRACTICING SABBATH

1 Preparation:

If possible, find a quiet and comfortable place. Rid yourself of distractions such as your phone, television, school work, interruptions from others, etc. Spend some time in silence before God. In the midst of a loud world that we live in, quieting ourselves before the Lord helps us to reorient ourselves to Him so we can hear His voice and rest in Him.

Open yourself to God and intend to learn from Him. *"Lord, here I am, I present myself to You...Lead me and show me how I can engage with You in Sabbath on a regular basis...Lord, when should I practice Sabbath? What can my day with You practically look like? Lead me in such ways and speak to me now."*

2 Read the Text: Genesis 2:1-3, Isaiah 58:13-14, & Matthew 11:28-30

Read each text a few times until you have a clear understanding of what the passage is saying.

3 Contemplate + Journal

Spend time thinking about and journaling your thoughts to the following questions listed below.

Pastor & Author John Mark Comer describes Sabbath as anything that is "rest and worship." Open yourself up to God and ask Him to show you...

- What is life-giving for your soul?
- What activities or actions can help you connect with Jesus and enter into His rest?
- What opens you to awareness of God's presence with you?
- What may have to change or shift in your life in order to practice Sabbath weekly?

4 Praise + Worship

Worship is an act or mindset shift that realigns us to the reality of who God is. Find this song on Spotify, YouTube, AppleMusic, etc. and the lyrics if you would like to read or sing along. Make this song your prayer and declaration of praise and worship as you hear truths being sung over you. Allow the Lord to minister to your heart in this time.

Song Recommendation: ["Rest in You"](#) by All Sons & Daughters

5 Closing Prayer

Spend some time in prayer. Whether it is simply sitting in God's loving presence, expressing thankfulness and gratitude, and/or offering up supplication, pray what is on your heart in this time.

6 Blessing

*May you have the courage to step into a regular rhythm of practicing Sabbath and, as you do, may you experience true rest that only Jesus can give. May you take Jesus' yoke upon you and find rest for your soul. **Matthew 11:29***

NEXT STEPS

Your Response Today: Do you want to take a next step in your faith, ask for prayer, or learn more about following Jesus? Take a moment to fill out our online connection card by texting “**Card**” to **970-00**

Be Baptized: Have you trusted in Jesus, but never been baptized? Then take a next step and join us for a Baptism Class August 2 or 9 at 11:00am on Zoom or 6:00pm on campus to learn about the method and meaning of this biblical command, and how you can participate in this exciting celebration taking place at the Beach Baptisms on Thursday, August 13. Sign up for the class and learn more at calvarylife.org/baptism

Discover More: Learn about ways you can connect to life at Calvary including weekly pastoral updates and online events, find resources to receive care and help through this season, and discover how we are reaching out with the good news of Jesus locally and globally at CalvaryLife.org

RESOURCES

Worship Services: Our Worship Services will be streamed live online from the Worship Center each Sunday at 9:30am in English and there is also a service streamed live from the Chapel in Spanish at 11:00am. Find ways to watch and resources for you and your family on our website at calvarylife.org/live We also have on-campus outdoor services now available. RSVP is required - learn more and sign up on our Church App. Find out more at calvarylife.org/app

Family Activities: Find ways to help “do church” with your kids and fun activities to build their faith each Sunday and throughout the week with great resources provided by Calvary Town at calvarylife.org/town

Corner Bookstore: The Corner is now open on Sundays following each on-campus worship service. At the Corner, we believe a good book can change a life, especially God's Word. So, every purchase provides an opportunity to help fuel Bible distribution locally and translation globally. Come support some amazing causes and discover great resources to help you grow in your faith. calvarylife.org/corner

Find Help or Give Help: Do you need assistance or encouragement in this season? Or, do you want to get involved and be available to help others in need? Find ways to receive help or give help at calvarylife.org/help

Ways to Give: Please pray for those who are affected economically by this virus and for our church finances as well, that God would sustain and provide through this challenging season. Please consider mailing a donation to the church or you can give online simply and securely this week at calvarylife.org/give



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On-Campus Worship • Sundays at 7:00pm in the Courtyard

Thank you for joining us! Reserve your seats weekly using our Church Center App or at calvarylife.org/oncampus

Who You Say I Am Ben Fielding | Reuben Morgan © 2017 Hillsong Music Publishing CCLI License # 342334

Who am I that the highest King Would welcome me, I was lost but He brought me in Oh His love for me Oh His love for me
Chorus: Who the Son sets free Oh is free indeed I'm a child of God Yes I am
Free at last He has ransomed me His grace runs deep, While I was a slave to sin Jesus died for me Yes He died for me
Bridge: I am chosen not forsaken I am who You say I am, You are for me not against me I am who You say I am

Holy Holy Holy Words by Reginald Heber Music (Nicaea) by John Bacchus Dykes. Public Domain

Holy, holy, holy, Lord God Almighty Early in the morning our song shall rise to Thee
Holy, holy, holy, merciful and mighty God in three persons blessed Trinity
Holy, holy, holy, Lord God Almighty All Thy works shall praise Thy name in earth and sky and sea
Holy, holy, holy, merciful and mighty God in three persons blessed Trinity

O PRAISE THE NAME Benjamin Hastings | Dean Ussher | Marty Sampson © 2015 Hillsong Music Publishing CCLI License # 342334

I cast my mind to Calvary Where Jesus bled and died for me
I see His wounds His hands His feet My Savior on that cursed tree
His body bound and drenched in tears They laid Him down in Joseph's tomb
The entrance sealed by heavy stone Messiah still and all alone
Chorus: O praise the Name of the Lord our God O praise His Name forevermore
For endless days we will sing Your praise Oh Lord oh Lord our God
Then on the third at break of dawn The Son of heaven rose again
O trampled death where is your sting The angels roar for Christ the King
He shall return in robes of white The blazing sun shall pierce the night
And I will rise among the saints My gaze transfixed on Jesus' face

'Tis So Sweet To Trust in Jesus By William James Kirkpatrick and Louisa M.R. Stead Public Domain CCLI License # 342334

'Tis so sweet to trust in Jesus, just to take Him at His Word
Just to rest upon His promise, just to know thus says the Lord
Jesus, Jesus how I trust Him how I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus O for grace to trust Him more
Yes 'tis sweet to trust in Jesus Just from sin and]self to cease
Just from Jesus simply taking Life and rest, and joy and peace
Jesus, Jesus how I trust Him how I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus O for grace to trust Him more

Goodness of God By Ed Cash and Jenn Johnson © 2019 Bethel Music CCLI License # 342334

I love You, Lord Oh Your mercy never fails me / All my days, I've been held in Your hands
From the moment that I wake up Until I lay my head / Oh, I will sing of the goodness of God
Chorus: 'Cause all my life You have been faithful / And all my life You have been so, so good
With every breath that I am able / Oh, I will sing of the goodness of God
I love Your voice You have led me through the fire / And in darkest night You are close like no other
I've known You as a Father I've known You as a Friend / And I have lived in the goodness of God, yeah
'Cause Your goodness is running after, it's running after me / Your goodness is running after, it's running after me
With my life laid down, I'm surrendered now I give You everything