

AXE ACADEMY

FIELD GUIDE

SABBATH

THE NEED // REST ASSESSMENT

What do I do for fun?

What am I doing on my next day off?

When is my next vacation?

Am I planning my days of rest as much as I plan my days of work?

Am I working to live or living to work?

WHAT IS THE SABBATH

There is a large volume of Scripture focusing on the Sabbath - it is important to God!

Jesus heals on the Sabbath. Jesus observes the Sabbath, but points to the fact that the Sabbath isn't a do-nothing day, rather, the Sabbath is a day of healing.

When we rest, we are "emptying the cup," so that we can be filled again to live in the overflow.

Is the Sabbath important to me?

Am I working for the rest as hard as I do for the work?

Plan the next 4 weeks in your calendar and answer:

When am I going to rest?

Where am I going to rest?

How am I going to rest?

WHY DO WE SABBATH

WE ARE DESIGNED TO REST

God created humanity in His image, and rest is a part of that image.

We are made to rest, not to work

Work is a result of the curse of sin

THE SABBATH IS A FORM OF WORSHIP

We are not defined by what we are producing;
rather, we are defined by who we are pursuing.

THE SABBATH IS MEANT FOR GOOD

If God took a break, then we need a break

Why do I think Sabbath is important?

What obstacles stand in the way of me and taking a Sabbath?

What am I willing to give up to honor the Sabbath?

HOW DO WE SABBATH

What do I have to manage now to be able to rest in the future?

The EST 3 Essentials of the Sabbath

Rest from Worry

Rest from Work

Be Present

The Sabbath is a time to release, review, and remember.

Lose the distraction

Order your steps

Reach further for rest

Dare to dream

How you rest is just as important as why you rest.

Your Sabbath doesn't have to be perfect, but you have to start it. If you only have 2 hours this week, honor those 2 hours and plan for 3 next week.

The idea of maintaining balance in life isn't realistic. Rather than seeking to be balanced, seek to be faithful to both work and rest.