

## Sabbath Rest (pt. 2)

### Six ways to enter God's Sabbath Rest

**Matthew 11:28-29** (ESV) *Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> 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.*

1. **Come to Jesus:** *Draw intimately near to Jesus*
2. **Cease striving:** *Increasing trust, decreasing control, greater surrender*

**Psalms 46:10** (ESV) *Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!*

3. **Knowing God's ways:** *Knowing God's ways leads to his rest*

**Hebrews 3:10** (ESV) *Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.'*

**Isaiah 66:1-2** (ESV) *Thus says the LORD: "Heaven is my throne, and the earth is my footstool; what is the house that you would build for me, and what is the place of my rest? <sup>2</sup> All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.*

4. **Humility:** *teachable, submissive*

**1 Peter 5:5-7** (ESV) *Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for God opposes the proud but gives grace to the humble. <sup>6</sup> Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you...*

5. **Contrite of spirit:** *sensitivity to sin*

**Isaiah 66:2** (ESV) *But this is the one to whom I will look: he who is humble and contrite in spirit*

**Psalms 32:5** (ESV) *I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah*

6. **Trembles at God's Word:** *a readiness to obey; holy love for the will of God*

**Psalms 119:9-11** (ESV) *How can a young man keep his way pure? By guarding it according to your word. <sup>10</sup> With my whole heart I seek you; let me not wander from your commandments! <sup>11</sup> I have stored up your word in my heart, that I might not sin against you.*

## Principles for Effective Worship

**Psalms 1:1-3** (NLT) *Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. 2 But they delight in the law of the Lord, meditating on it day and night. 3 They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.*

Spiritual practices are meant to remove the illusion that God is absent. They are meant to bring us into contact with God. All of our spiritual practices serve to guide us into one or more of these four principal activities:

1. **CENTERING:** *Returning to our Source*

**Jeremiah 17:7-8** *But blessed is the one who trusts in the Lord, whose confidence is in him. 8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.*

2. **EMPTYING:** *Removing the junk from our lives*

**Psalms 32:5** *Then I let it all out; I said, "I'll make a clean breast of my failures to God." Suddenly the pressure was gone— my guilt dissolved; my sin disappeared.*

3. **GROUNDING:** *Rooting our souls in the Ground of our Being*

**Ephesians 3:16** *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17 Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.*

4. **CONNECTING:** *Receiving the full flow of the water of life*

**John 7:37-38** *Now on the last day, the great day of the feast, Jesus stood and cried out, saying, "If anyone is thirsty, let him come to Me and drink. 38 He who believes in Me, as the Scripture said, 'From his innermost being will flow rivers of living water.'"*