



THE UNEXPECTED SABBATH

March 29, 2020

Passage (READ):

Mark 2:23-28 and 3:1-5

Principles (KNOW):

The _____ of the Sabbath:

The Sabbath is a _____ .

See: Mark 2:27; Genesis 2:1-3; Exodus 20:8-11

The _____ of the Sabbath:

The Sabbath is a reminder that the God who created all things will _____ and _____ His creation.

See: Mark 3:1-5; John 9:13-41; Luke 13:10-17

The _____ of the Sabbath:

_____ is the Sabbath rest that can _____ your weary soul.

See: Mark 2:28; Matthew 11:28-30

"Because God has made us for Himself, our hearts are restless until they rest in Him."

- Saint Augustine

Practices (DO):

Use this "unexpected pause" to focus on those things that will draw you closer to God:

- Pray and observe times of silent meditation.
- Read your Bible daily and spend time in reflection on the scriptures.
- Practice social distancing "together" by joining a Zoom small group (text "GROUPS" to 904-441-8650).
- Listen to recommended sermons and read something from the recommended reading list.

SUGGESTED READING LIST FOR "PAUSE":

An Unhurried Life, Alan Fadling

40 Days to Lasting Change, Kyle Idleman

40 Days of Purpose, Rick Warren

A Call to Die, David Nasser

Emotionally Healthy Spirituality, Peter Scazzero

Emotionally Healthy Spirituality Day by Day, Peter Scazzero

Ninety Days with the Disciple Jesus Loves, Gary Lee Webber

My Utmost for His Highest, Oswald Chambers

Morning and Evening, Charles Spurgeon

Other sermons you may want to check out at ssbc.org

Awakening (2015)

Prayer Journey (2018)

One (2017)

The Disciple's Journey (2018)

TEXT

Text the word UPDATE to 904-441-8650 to stay up to date on what's going on at Southside.

GIVE

You can give online through ssbc.org, directly through your financial institution, through the mail, or by calling the church office.

WATCH US LIVE

Join us LIVE! on Sundays at

- 9:00 a.m. on Facebook
- 10:30 a.m. on ssbc.org

If you would like a CD of Sunday's message, please call the church office to request one.

CONTACT

 904-396-6633

 info@ssbc.org

 1435 Atlantic Blvd.,
Jacksonville, FL 32207

SMALL GROUP DISCUSSION (WEEK OF MARCH 29-APRIL 4 2020)

HANGOUT (Warming up to the topic)

1. Do you have any lingering questions or thoughts related to this week's teaching or daily readings?
2. What is God teaching you during this national "pause"? How have you responded to what you think He may be saying to you?

HEAR (Listening to God through Scripture)

3. Read Genesis 2:1-3
 - Did God really need to rest? Make a list of several possible reasons God rested on the seventh day.
 - What, if anything, does the order of creation teach us about God and His priorities?
 - Do you practice a weekly sabbath? If so, what does it look like?
4. Read Exodus 20:8-11.
 - What makes this commandment different from all of the others?
 - What does this commandment teach us about God and His priorities?
 - How has/can this law become a burden? How can it be experienced as a gift?
5. Read 2 Chronicles 36:15-21.
 - This passage is a historical account of the fall of Jerusalem in 587 BC. The author makes an interesting statement about how this brought about a Sabbath rest for the land (verse 21). Does this passage speak to our present situation? If so, how?
 - Has there ever been a time in your life when God forced sabbath rest upon you? If so, what happened? What did you learn from it?
 - It has been said that God will never waste a hurt or pain. What are you currently doing to make the most of this unexpected Sabbath? In what ways is your life more chaotic? How is God inviting you to use this time to make changes in your rhythms and priorities?

HUDDLE (Making it personal and praying together - in huddles)

6. Do you feel an underlying anxiety when you try to relax and rest? What is the basis of that anxiety? Is God inviting you to "detox" from hyperactivity and be still with Him? What will you do this week to be still and know that He is God? Talk about it, invite accountability, and take time to pray.

DAILY READING:

Thursday: Mark 2

Monday: Genesis 1 and 2

Friday: Mark 3

Tuesday: Exodus 20

Saturday: John 9

Wednesday: 2 Chronicles 36

Sunday: Luke 13