

Your handy guide for

# HOW TO BE HUMAN

Basic instructions for living according to Jesus



a reference for the rest of us!

Rhythm of Life  
Gary Lee Webber  
April 11, 2021

Medical science has concluded that a lack of sufficient rest can be responsible for everything from heart disease to certain types of cancer. The Bible was way ahead of medical science. Embedded in the earliest pages of the Old Testament, the Creator invites His creation to take a day off every week. By the time Jesus came on the scene, religion had weaponized this gift and made it a burden. Join us for part one of **How to Be Human** as we consider Jesus' instructions on how to live in rhythm with God and His creation.

**Passage (read it):**

Luke 6:1-11

**Principles (know them):**

Sabbath is a reminder to embrace our \_\_\_\_\_ and trust \_\_\_\_\_.

Sabbath is when \_\_\_\_\_ touches \_\_\_\_\_.

Sabbath is only fully and finally realized in \_\_\_\_\_.

**Practices (do it):**

Take the Sabbath Challenge:

- Identify \_\_\_\_\_ that will be your Sabbath.
- Use the other six days to \_\_\_\_\_ for your Sabbath.
- Practice \_\_\_\_\_ with those you love and those in need.

## ORDINATION SERVICE FOR THU LAI MU

-- APRIL 18, 2:00 P.M. --

Southside Karen Baptist Church has grown so much under Thu Lai Mu's leadership! We are very excited to announce that he will be ordained to the Gospel Ministry next week. We want to show our love and support to our sister church and celebrate Thu's ministry. There will be hundreds of people in our building for this celebration and we need your help to greet and welcome these guests. If you would like to volunteer, visit <https://bit.ly/3mkJcDw>

## SALT AWARDS NIGHT (Q2 SALT AND MEMBERS MEETING)

-- APRIL 25, 4:30 - 6:30 P.M. --

Our leaders at Southside are the best of the best and the cream of the crop! It's time we celebrate them for all the work they do year after year. During our SALT "meeting" on April 25, we want to honor these volunteers and thank them for their many hours of service to our church, San Marco, and beyond. We will celebrate what God is doing and we will look forward to what He will do this summer. Dinner will be provided but you must RSVP. Childcare will be available for those 3-years-old and younger.

scan with your phone camera to RSVP



search **SSBCJax** to connect with us on social media!

### Welcome to Southside Baptist Church!

We're glad you've chosen to worship with us! If you're here for the first time, you are our special guest. Fill out the information on the other side of this card and visit The Landing (located just outside the sanctuary in the main hall) where we have a gift for you!

tear here to use as a bookmark in your daily reading.

## Small Group Questions

Use this outline for personal reflection, as a couples or family devotion, or with a small group.

Southside's small groups focus on the neighborhoods in which we live. We have groups that meet on campus, online, and in homes across our city. Visit [ssbc.org/SmallGroups](http://ssbc.org/SmallGroups) to find yours!

### **HANGOUT (warming up to the topic):**

1. What is Chick-fil-A's stated purpose for being closed on Sundays? How has that affected their business? Does this seem legalistic to you? Why or why not?

2. Blue laws were laws restricting activities on Sundays. This was primarily motivated out of a desire to obey the fourth commandment to "remember the Sabbath and keep it holy." What are your thoughts about this practice? How is the Chick-fil-A model better than the old blue laws? How is it not as effective?

### **HEAR (listening to God through Scripture):**

3. Read 1 Samuel 21:1-2.

- Did David speak the truth to Ahimelech the priest? (*see 1 Samuel 19-20*)
- Is this passage an endorsement of situational ethics?
- What is the difference between a descriptive and a prescriptive passage? Which is this?

4. Read 1 Samuel 21:3-6.

- What is David's problem? What is his solution?
- What is the significance of the bread David is asking the priest to give him? (*see Exodus 25:23-30*)
- Why does Jesus reference this encounter when challenged by the Pharisees concerning his stance on Sabbath laws? (*see Luke 6:2-4*)

5. Read Luke 14:5.

- What point is Jesus making in this verse?
- How does this point relate to David's encounter with Ahimelech?
- What truth or principle should we take from this?
- Discuss the benefit and danger of the law.

6. Read Galatians 3:24.

- How does this verse relate to Jesus' supposed violation of the Sabbath laws?
- Discuss the difference between legalism and licentiousness. How do you know if you are erring on one extreme or the other?
- As it relates to the Sabbath, are you more legalistic or licentious? What do you need to do to align more with Jesus as it relates to your time and weekly routine?

### **HUDDLE (making it personal and praying together - in huddles):**

7. Do you practice Sabbath? Why or why not? What would you need to do in order to practice a better rhythm of life? Talk about it, invite accountability and pray together.

## Daily Readings:

This week's daily readings focus on the Sabbath. As you read Jesus' words and reflect on the origins of the Sabbath laws, invite the Holy Spirit to speak to you about the rhythm of your life. Are you leaving time to hear from God? Are you constantly hurried and never still? What would God have you change? Do you lean toward legalism or licentiousness when it comes to keeping the Sabbath?

Day 1: Luke 6

Day 2: Genesis 2

Day 3: Exodus 20

Day 4: 1 Samuel 19

Day 5: 1 Samuel 20

Day 6: 1 Samuel 21

Day 7: Mark 2

← tear here to use as a bookmark in your daily reading.

## Suggested Resources:

### **Books:**

*Emotionally Healthy Spirituality*,  
by Peter Scazzero

*An Unhurried Life*, by Alan Fadling  
*The Life You've Always Wanted*,  
by John Ortberg

### **Other sermon series at [ssbc.org](http://ssbc.org)**

*Making Time with Jesus*  
(February 3, 2019)

# *Let's Connect!*

Sunday, April 11, 2021

Fill out the information below and place it in the offering bucket or take it to "The Landing" (located just outside the sanctuary in the main hall) as you leave. We'd love to meet you.

MEMBERS: Text CONNECT to 904-441-8650 to let us know you're with us today.

**Name:**

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**Phone:**

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**Email:**

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**I would like more information about:**

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