

Pause for Praise

The Art of Rest: Making War on Busy

February 23, 2025

Reflection:

Last week we identified five things that bring us delight and incorporated them into our personal Sabbath. Tell your group about the “delightful” aspect you brought into your Sabbath and how it went. Reflecting back on it now, did adding an element of intentional delight affect how you view that time with God? Did it affect your view of your relationship with God?

Discussion Questions:

1. Read Exodus 20:8-11. How does viewing Sabbath as an act of worship shift our mindset from resting from work to working from rest?
2. Read Psalm 92:1-5 (A Song for the Sabbath). Why do you think worship was so closely connected to Sabbath in Jewish tradition? How does singing, gratitude, and reflection change the way we experience rest?
3. Read Hebrews 4:9-11. How does Sabbath worship remind us of the eternal rest we will have in God’s presence?
4. Read Luke 10:38-42. Jesus praised Mary for sitting at His feet while Martha was “distracted by many things.” How does worshipful rest help us refocus on what truly matters? What are the “many things” in your life that distract you from a heart of worship?
5. Read Psalm 95:1-7. This passage calls us to joyful praise, thanksgiving, and bowing before God. How does worship impact our ability to truly rest in Him? What role does humility play in Sabbath worship?
6. Read Colossians 3:16-17. Paul encourages us to let the message of Christ dwell richly among us through psalms, hymns, and spiritual songs. How does worship shape our perspective on rest? What are some creative ways we can incorporate worship into our Sabbath?
7. Read Revelation 4:8-11. Heaven is described as a place of unending worship. How does our Sabbath worship prepare us for eternity? If worship is the centerpiece of heaven, how should that shape the way we prioritize it on earth?

Application This Week: Practical Sabbath Worship

Plan Your Worship: Set aside time this Sabbath to intentionally worship—whether through music, prayer, nature, or Scripture meditation. What will you do differently this week?

Gratitude Challenge: Keep a Sabbath gratitude journal. Write down five things you are thankful for and reflect on how they point back to God's goodness.

Tech Sabbath: Set aside time this week to unplug from distractions (social media, emails, etc.) and focus on worship. What changes do you notice in your mindset and heart?

Worship Playlist: Create a personal Sabbath worship playlist with songs that lead you into God's presence. Listen, sing, and reflect on His greatness.

Pause & Praise: Set an alarm to remind yourself to stop and praise God at a certain time during your Sabbath. How does intentionally pausing to worship shape your day?

Reflect & Reset: At the end of your Sabbath, take a moment to reflect:

- How did worship change the way you experienced rest?
- What is one Sabbath worship practice you want to carry into next week?

Notable quotes from sermon:

- When we pause for praise, we make a declaration: God is worthy. God is faithful. God is central.
- It's a space in time where we intentionally redirect our focus from the chaos of life to the Creator of life.
- Rest without worship is just recovery; Sabbath worship is renewal.
- Don't just take a break. Take a bow before the King.
- Sabbath isn't just a day off; it's a day to turn up the praise.