

## INTRODUCTION

This weekend, our third and final message in our *Rhythms of Rest: The Gift of Sabbath* series features an interview Pastor John conducted with Shane Fuller and Michelle Eblen. Both Shane and Michelle have been practicing Sabbath rest, and they have great nuggets of wisdom to pass on to us.

## DISCUSSION

1. Mark 2:27 has been a key verse in this series. Jesus says, "The Sabbath was made for man..." Why is this gift so hard for many of us to accept?
2. Revisit Mark 3:1-6, which Pastor John references during the message. In verse 2, what does Jesus' reaction to those in the synagogue tell us about how He views the Sabbath?
3. Shane Fuller emphasizes the Sabbath is a gift by stating, "I refuse to make this gift a thing of shame and guilt." What might sidetrack you from accepting the Sabbath as a gift and unnecessarily burden you with shame and guilt?
4. Spend time contemplating Psalm 139:5. What would it be like to step into that place? How could a Sabbath day feel like that?

## TAKE ACTION

1. Plan incremental next steps for fully enjoying the gift of Sabbath. Start with four hours, or if you've been practicing taking Sabbath rest for a while already, experiment with a longer Sabbath.
2. Prep for your Sabbath. Consider cancelling some commitments, blocking out your calendar and making other preparations so you can fully delight during your Sabbath.
3. Set aside technology, emails or other things that might typically create stress or distract you spiritually and emotionally. Predetermine out-of-sight spots where you'll place your devices or other distractions during your Sabbath time.

## RESOURCES

- On [our website](#), PLC has curated multiple Sabbath resources for you and your family. On the bottom of this page is downloadable content which you can print and incorporate.
- *Risen Motherhood* Podcast: Episode 153 "Can a Mom Actually Practice Sabbath?"
- *Risen Motherhood* Podcast: Episode 138 "Mothering Through Burnout: Stewardship & Sacrifice"