
Practicing Sabbath
REV. JOSH DESCH
NEPC SERMON SERIES
SUNDAY, JANUARY 28, 2024

Sermon Title: “Practicing Sabbath: Rest”
(#4 in the Sermon Series)

Scripture text: Jeremiah 6:16, Matthew 11:28-30

Main Points:

1. The _____ for Rest
2. How to _____ Rest
3. Some _____ for Sabbath Rest



Questions:

1. **Ice Breaker Question** – What do you like to do to rest (other than sleeping, although sleeping is a perfectly good answer!)
2. **Transition Question** – Resting on Sunday is probably the most intuitive of the Sabbath principles we have been studying, but for some people, it may be the hardest. Why do you think that is the case?
3. **Observation Question** – Why do you think Jesus described becoming his disciple as taking his yoke upon yourself. What did he mean by that?
4. **Reflection Question #1** – What do you think about this quote from Pastor Daniel Howe.
“Prepare for the day: get laundry, shopping, work, etc., done ahead and get enough sleep. Our deadline is Saturday night, not Monday morning. Sunday should be the beginning of a new week, not catch-up from the old.”
5. **Reflection Question** – What is the relationship between rest in God and prayer?
6. **Application Question** – How can you apply the “PhD” acronym to your own life?
 - a. **P** – Prepare for Sunday...
 - b. **H** – Holistic Rest is the goal...
 - c. **D** – Disconnect from work...