

Date: 12th November 2017

<b>Theme &amp; Passage(s)</b>	<b>S A C R E D : Sabbath Rest</b>  <b>Genesis 1:31-2:3, Exodus 20:8-11, Deut 5:12-15, Mark 2:23-3:6</b>
<b>Intro</b>	<p>This week we continue our series about the sacred gifts of creation with a focus on Sabbath rest.</p> <p>N.B. Please delay providing refreshments until you are worshipping</p>
<b>Welcome</b>	<p>How do you rest and does it replenish you?</p>
<b>Worship</b>	<ul style="list-style-type: none"> <li>• Now is the time for your drinks, biscuits, cake etc, but not in the usual social atmosphere.</li> <li>• Once served quiet yourselves with your refreshment. Even if you find it tricky try to drink and eat slowly, savouring both texture and taste. (either try to ignore the noises of chewing and swallowing or put on some quiet background music!)</li> <li>• Now read Ps 37:4 + Ps 111:2-5</li> <li>• Talk together about the pleasure of your drinks and food – what did you notice? What did you enjoy? What does it say of who God is?</li> <li>• Spend some time expressing your delight in God’s goodness, even a simple cuppa.</li> </ul>
<b>Word/ Read &amp; Reflect</b>	<p>Read together from Gen 1:31-2:3, Deut 5:12-15, Mark 2:23-3:6</p> <ol style="list-style-type: none"> <li>1. Share together what the elements of Sabbath below might look like:             <ol style="list-style-type: none"> <li>a. Stop</li> <li>b. Rest</li> <li>c. Delight + Contemplate</li> </ol> </li> <li>2. What threatens a Sabbath practice in our culture?</li> <li>3. What experience of Sabbath do you have?</li> <li>4. What experience would you like to have?</li> </ol>
<b>Working it out</b>	<p>Talk together about how you might work towards a healthy practice of sabbath in your life. Pray for one another. Finish by reading a Sabbath poem (see other document)</p>