

## Discover the Rhythms of the Daily Office & Sabbath

Emotionally Healthy Spirituality

February 7, 2021

### **Four Elements of a Daily Office**

1. Stopping.
2. Centering.
3. Silence.
4. Scripture.

### **Four Elements of a Sabbath**

1. Stop.
2. Rest.
3. Delight.
4. Contemplate.

#### **Recommended Resources:**

Emotionally Healthy Spirituality Day by Day by Peter Scazzero  
Sacred Pathways by Gary Thomas  
The Book of Common Prayer  
To Hell With the Hustle by Jefferson Bethke  
The Ruthless Elimination of Hurry by John Mark Comer  
One Minute Pause app by John Eldredge

## Questions for Personal Reflection and Group Discussion

### **1. Read Psalm 119:64, Daniel 6:6-10 and Luke 5:16.**

In each of these passages we see an example of someone setting aside time to be with God. From what you know about the lives of David, Daniel, and Jesus, how might their spiritual rhythm of connecting with God have impacted their daily life?

### **2. Read Matthew 11:28-30.**

What kind of life does Jesus desire for us? How do we receive it?

What do you typically do with the daily burdens of life?

How might your life be different if you embraced a more consistent rhythm of spending time with Jesus?

### **3. Read Psalm 46:10.**

Read this whole psalm to see the context of verse 10. What's going on?

What chaos or turmoil is swirling in your life? What agenda or weapon do you need to surrender to His control?

Is there something that keeps you from being still before Him? What is it?

### **4. Read Isaiah 26:3, Romans 8:5 and Colossians 3:2.**

What do these verses tell you about what we are to do with our minds?

What keeps you from focusing your mind on Christ? What practice or tool could you use to help you be more consistent in your focus? How will you do that this week?

### **5. Read 1 Kings 19:11-13.**

God speaks to people in a variety of ways throughout the Bible. In this passage, we see Him speak to Elijah in a whisper. Why do you think God did this? What is Elijah's response?

### **6. Read Genesis 2:2-4 and Exodus 20:1-17.**

Why do you think God rested on the seventh day and commanded us to do the same? What is the purpose of Sabbath? How will you incorporate this practice into your spiritual rhythm with God?