



Trans-form Notes

Under Construction - Building The People of God The Bedroom - Sabbath/Rest

Reflect: (Spend time with God thinking about these statements or questions)

- ❖ Take some time to read and meditate on John 15:1-17.

Interact: (Discuss the following questions with your group, some friends, or just you and God)

- ❖ Have each member look up and read the following passages: Mark 1:35-39; Mark 6:30-31; Mark 7:24; Luke 5:16. What does the rhythm of Jesus' life mean to the rhythm of your life? Do you find your identity in your activity and fulfilling the expectations others have on you? Discuss your desires to be productive and fruitful and share your fears with retreat and rest?
- ❖ Here are a few questions to think about your own rest:
 - What exhausts you or keeps you working past your limits?
 - When and where do you most deeply rest? Who helps you rest?
 - What is it like for you to set aside time to play or just waste time? How regular is that time?
- ❖ Check the answers below that are true of you and your ability to abide with God:
Sometimes I find it difficult staying connected to God because...
 - I takes more time than I seem to have
 - I have issues or sin in my life that keeps me from Him
 - I feel guilty and my guilt gets in the way
 - I feel like God is displeas with me
 - I don't know what to do to stay connected
 - I don't feel I have a relationship with God
 - Other _____

(Journey in Community by Michael Bischof)
- ❖ Read John 15:1-17, discuss: If fruit-bearing is not coming naturally in your life, could it be that you have no spent the proper season abiding? Could it be that we are overgrown branches, too weak to support a single grape? What stage or season do you currently see yourself in this passage? How might others help you in abiding in God?

- ❖ When you think about wasting time with God, what fears do you have? Do you tend to work from rest or rest from work? Discuss the significance or insignificance of this distinction and how rest and abiding are related to fruitfulness?
- ❖ What happens to you when you go without regular rhythms that allow you to rest in God?
- ❖ What has been your understanding of abiding with God up to this point in journey?
- ❖ Take some time in silence and reflect on where you can find some time to abide during each day, what would that time look like?
- ❖ How hard would it be to devote one day a week to accomplishing nothing but rest and abiding with God? What things would you currently have to change in your life to make a day of rest a reality?

Apply: (Look for ways to apply at least one concept to your life)

- ❖ Plan a 24-hour Sabbath you can enter with anticipation. The night before your Sabbath, remind your body how long has to rest and be with God. Consider the things that refresh and nourish you: worship, music, a nap, walking, reading, and playing with your children. Plan them spaciouly into the day. Waste time with God and those you love.
- ❖ Write down what a perfect day of rest and recreation would look like to you. Is it within the realm of possibility? Plan when you can take this day or a version of it. Schedule it in on your calendar.
- ❖ Intentionally place yourself in the presence of God, then do something you delight in: go for a walk, take a nap, talk to a friend, have cup of coffee, play a game. Enjoy yourself in God. Receive the gift of rest. Tell God what happens in you as you try to rest.
- ❖ Consider whether or not your tiredness is about your body or soul. What kind of rest would refresh your body? What kind of rest would refresh your soul: retreat, silence, solitude, meditation, reading, and contemplative prayer? Choose two times this week when you will intentionally enter into rest for body and soul.