

“It is unlikely that we will deepen our relationship with God in a *casual or haphazard manner*. There will be a need for some intentional commitment and some reorganization in our lives. But there is nothing that will enrich our lives more than a deeper and clearer perception of *God’s presence in the routine of our daily living*.” – William Paulsell

Each person’s rhythm of life will be unique to them, and yet share some common elements. ***THE FOUNDATION OF THESE ELEMENTS IS THE RHYTHM OF SIX DAYS FOR CHRIST FOLLOWED BY ONE DAY OF REST.***

Colossians 3:17 (NLT) “And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.”

Exodus 20:8 (NIV) “Remember the Sabbath day by keeping it holy.

The Hebrew word *Shabbath* means “to cease, to desist, to rest”. The image is one of stopping what you regularly do, to cease normal activities, to relax. “Keeping it holy” means to set apart use as God directs.

Exodus 16:29 tells us that the Sabbath is ***a gift from the Lord*** to us. **Isaiah 56:2** tells us that ***we are blessed by the Sabbath***. **Isaiah 58:13** says that ***we are to enjoy it and speak of it with delight***. **Mark 2:27**, Jesus says that ***the Sabbath was to meet the needs of the people*** and not for people to meet the requirements of the Sabbath.

THIS IS NOT ABOUT SATURDAY OR SUNDAY. The purpose is not to establish another set of legalistic requirements, but to create a rhythm of life, a regular set of actions, that is effective in **enhancing our spiritual lives**.

The Important Question: *What is my “Rhythm of life?”*

Suggested Reading:

Colossians 2,3; Romans 14; Isaiah 58

“When I Relax I Feel Guilty” by Tim Hansel

“The Life You’ve Always Wanted”, Chapter 12 by John Ortberg

Suggested Small Group Topics:

- How and when will I pray?
- How will I handle money in a way that draws me closer to God?
- How can I approach work in a way that will help Christ be formed in me?
- How am I involved in community (such as corporate worship, fellowship, and confession), service, and mission?
- How can I fill my daily tasks with a sense of the presence of God?
- How do I observe a holy Sabbath?
- Do I have a “Rhythm of life that enhances my relationship with God?”