



Rule of Life

*Creating Pathways
for Spiritual Growth
& Transformation*



Romans 12:1-2 *The Message*

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Romans 12:1-2 The Message

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, *fix your attention on God*. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it.





Romans 12:1-2 The Message

Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you; He develops well-formed maturity in you.



RULE OF LIFE

A “rule” is something that provides form, support and guidance



Sabbath

*Resting in God's
Love & Grace*

Ephesians 2:8-9

For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.

We depend on God's salvation. When we work without breaks we can subtly become convinced that our work earns God's favor....that somehow, we are earning His love and grace. The Sabbath helps us know experientially that nothing we do will make God love us more.

Lynn Baab, *Keeping Sabbath*

Deuteronomy 5:12-15

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.

Deuteronomy 5:12-15

On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.

Deuteronomy 5:12-15

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Slaves cannot skip a day of work, but free people can. Not all free people choose to do so, however; some of us remain glued to our computers, our phones and our washing machines every day of the week.



To keep Sabbath is to exercise one's freedom, to declare oneself to be neither a tool to be employed – an employee – nor a beast to be burdened. To keep Sabbath is also to remember one's freedom and to recall the One from whom that freedom came.

Dorothy Bass, *Receiving the Day*



Mark 2:23-28

One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

Mark 2:23-28

He answered, "Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

Mark 2:23-28

Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

Matthew 11:28-39 *The Message*

Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you'll recover
your life. I'll show you how to take a real rest. Walk
with me and work with me – watch how I do it.
Learn the *unforced rhythms of grace*. I won't lay
anything heavy or ill-fitting on you. Keep company
with me and you'll learn to live freely and lightly.

The 10 Commandments

① Have no other gods before me

① Do not make idols

② Do not take the name of the Lord in vain

④ Remember the Sabbath day to keep it holy



⑤ Honor your father & mother

⑤ Do not murder

⑤ Do not commit adultery

⑥ Do not steal

⑦ Do not bear false witness against your neighbor

⑤ Do not covet

Sabbath: *What to EXCLUDE*

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✧ Work



For many of us our work is our addiction. If we are being swallowed up by busyness, perhaps we want to be swallowed. Many of us use our activity to hide from God and from ourselves. As long as we stay busy, we feel important and useful, even anointed, but in the process, we do damage to our bodies, our relationships and our soul.”

Charles Bello, *Prayer as Place*

Sabbath: *What to EXCLUDE*

✧ Work

✧ Your “to do” list



Sabbath: *What to EXCLUDE*

✧ Work

✧ Your “to do” list

✧ Consumerism



Sabbath: *What to EXCLUDE*

- ✧ Work
- ✧ Your “to do” list
- ✧ Consumerism
- ✧ Technology & Other Addictions



Sabbath: *What to EXCLUDE*

- ✧ Work
- ✧ Your “to do” list
- ✧ Consumerism
- ✧ Technology & Other Addictions
- ✧ Worry & Stress



Sabbath: *What to INCLUDE*

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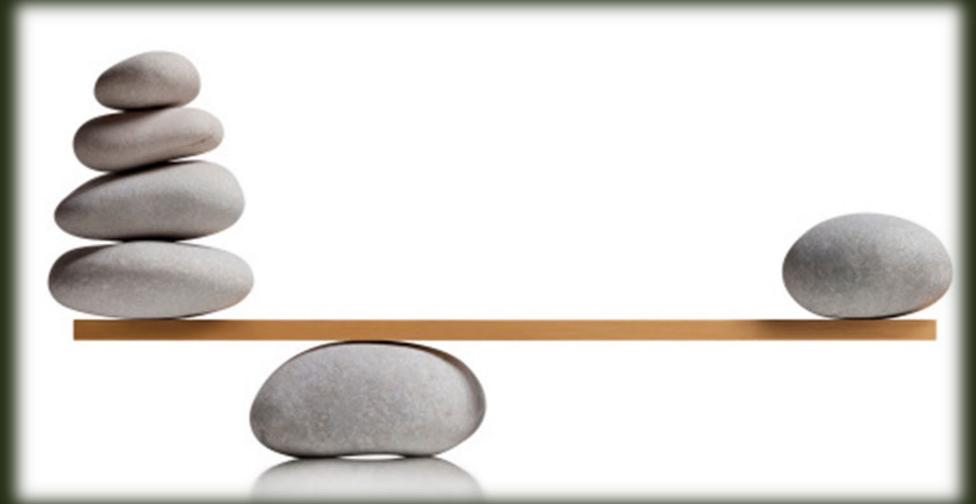
✧ Planning & Preparation



Sabbath: *What to INCLUDE*

✧ Planning & Preparation

✧ Balance of rest and activities



Sabbath: *What to INCLUDE*

- ✧ Planning & Preparation
- ✧ Balance of rest and activities
- ✧ Habits of Celebration



Sabbath: *What to INCLUDE*

Three Questions about Sabbath activity:

1. Does it promote rest & relaxation?
2. Does it spark joy & delight?
3. Does it draw me into the presence of God?





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