

The Trellis Bible Study Guide

Title: Rest

DATE: November 15, 2020, Week 10

Focal Passages: Genesis 2:2-3

Focal Story: Harvesting Grain on the Sabbath (Matthew 12:1-8)

Trellis Scripture: John 15:9-11

Rest Description: Life with Jesus slows down for restoration of our body, mind, and spirit.

Definition: To honor our need for ordering our life around a pattern of work and rest, we celebrate by working six days and resting on the seventh. The seventh day is a holy day and a celebration of time out with God. It is the central way we come to Jesus and find rest and restoration for our body, mind and spirit.

Uses of this practice:

- When reading scripture and other spiritual readings
- When showing acts of compassion
- When blessing our family and others
- When offering special prayers of gratitude for the wonder of creation
- When sabbath rest makes possible time for other spiritual practices
- When honouring the practice of silence as a means of listening to God speak

Recommended for Further Reading:

Ruth Haley Barton, **Sacred Rhythms**, "Sabbath," (Downers Grove, IL: InterVarsity Press, 2006), 140-145

Wayne Muller, **Sabbath: Finding Rest, Renewal, and Delight in our Busy Lives**, New York: Bantam Books, 2000).

Dr. Matthew Sleeth, **24/6; A Prescription for a Healthier, Happier Life**, (Tyndale House Publishers, 2012).

Marjorie J. Thompson, **Soul Feast**, "Reclaiming Sabbath Time," (Louisville, KY: Westminster John Knox Press, 2014), 69-80