

WITNESS – Reaching out to others
(Aim for 20 – 30 minutes)

Go around the group and share a challenge you are facing so that others might pray for you.

When each person has shared pray for each other, with each person praying for the person on their right.

Conclude by praying

Dear Father,
you caused all holy Scriptures to be written for our learning:
help us to hear what you are saying to us today,
help us to read, mark, learn and inwardly digest your truth
that through your holy word we may embrace your love
and know the hope of everlasting life,
which you have given us through Jesus Christ our Lord.
Amen.

FOR NEXT WEEK'S STUDY:-

Peter Scazzero, *Emotionally Healthy Spirituality Day by Day*
(Zondervan 2014) Pages 135-151

EMOTIONALLY HEALTHY SPIRITUALITY

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6: The Rhythms of the Daily Office & Sabbath

WELCOME – Breaking the ice
(Aim for 10 minutes)

What one practice do you do on a daily/weekly basis that helps you connect with God?

WORSHIP – Meeting the Lord
(Aim for 10 – 15 minutes)

For the next ten minutes we are going to engage in what is called a daily office. An office is a time to *stop, slow down, centre and pause* to be with Jesus.

Notice there is silence for a minute at the beginning and conclusion of each office.

We will also pause for about 15 seconds between the readings/prayers.

Say the Daily Office

Briefly share your thoughts and feelings about this experience

WORD – Applying the truth
(Aim for 40 – 45 minutes)

Play the DVD introduction now

Bible Study – Daniel 6:6-10

After being forcibly removed from his country and home, Daniel was given a prestigious education and high-level job in government. The pressure on him to conform to the worldly, pagan values of Babylon was great. The following example gives us insight into one of the secrets of his faithful devotion to God. Read Daniel 6:6-10.

1 Reread verse 10 aloud. How do the words in this verse speak to you?

2 How do you think this practice anchored Daniel in God and enabled him to resist the great pressure he was facing?

3 What costs were involved for Daniel?

4 What are the greatest obstacles preventing you from stopping to be with God two or three times a day?

Bible Study – Exodus 20:8-11

Read Exodus 20:8-11

5 Sabbath is engaging in a regular rhythm of stopping, resting, delighting and contemplating God for a twenty four hour block of time each week. What if any, is your current practice around Sabbath keeping?

Sabbath is like receiving the gift of a heavy snow day every week. Stores are closed. Roads impassable. Suddenly you have the gift of a day to do whatever you want. You don't have any obligations, pressures or responsibilities. You have permission to play, be with friends, take a nap, read a good book. Few of us would give ourselves a "no obligation day" very often. God does—every seventh day.

Think about it. God gives you over seven weeks a year (52 days in all) of snow days every year!

6 What difference would it make in your life if you celebrated a Sabbath every week?

7 What questions, concerns or fears do you have that keep you from making this practice part of your weekly rhythm?

8 Both the daily office and the Sabbath are concerned with a rhythm in our days and weeks. Take 2/3 minutes to write down one small step you can take to begin to incorporate one of these ancient disciplines?