

Timeout: Week 3

March 23, 2025

Icebreaker Ideas

1. What was your first word?
2. Where was your first vacation you remembered?

WATCH VIDEO

Message Summary

- Life stretches us tight—our work, schedules, and responsibilities create unrelenting tension, like the strings of a grand piano. If never loosened, they snap.
 - God designed the Sabbath as a divine reset to prevent burnout in our health, relationships, and faith.
 - Sabbath is not just about stopping work but about worship, renewal, and realignment with God's presence.
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Scripture for Discussion

Exodus 20:8-11 (NLT) – "Remember to observe the Sabbath day by keeping it holy... For in six days the Lord made the heavens, the earth, the sea, and everything in them, but on the seventh day he rested..."

Genesis 2:2-3 – God's rest after creation.

Deuteronomy 5:12-15 – Rest as a reminder of deliverance.





Psalms 46:10 – "Be still, and know that I am God."

Isaiah 58:13-14 – "If you call the Sabbath a delight... then you will find your joy in the Lord."

Discussion Questions

1. Why do you think God placed such a strong emphasis on the Sabbath in the Ten Commandments?
 2. In what ways do you personally feel "Sabbath deprived"? How does lack of rest impact your life?
 3. What are the biggest obstacles to practicing Sabbath, and how can we overcome them?
 4. What are some practical ways you can begin incorporating Sabbath rest into your weekly rhythm?
 5. How does Sabbath shift from a "me day" to a "we day" with God?
 6. How can stopping, resting, delighting, and contemplating shape our understanding of God's presence? How can we reframe Sabbath as a blessing rather than a burden?
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Challenge for the Week

-  Identify a day (or portion of a day) to intentionally practice Sabbath this week.
-  Plan ahead to remove distractions—turn off emails, set boundaries, and prepare meals.
-  Choose an activity that brings you delight and refreshes your soul.
-  Spend focused time with God through prayer, worship, or reflection.

Remember: Sabbath is not about guilt, but about receiving a gift. You will never regret recharging your life, resting your body, and refreshing your soul.