

**Back to School: Recess
September 6, 2015**

Welcome/Prayer

Introduction

Perhaps one of the reasons we all love recess is because God has wired us that way. Scripture suggests that the Lord loves recess as well.

“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” Exodus 20:8-11

After creating the universe in six days, He took a recess. When it came time to lay down the Law to the nation of Israel, He included taking a recess as one of the Top Ten rules to follow. Sabbath = lit., “pause and rest” (i.e. take a recess)

1. What does the word “Sabbath” mean to you?
2. How have you observed a Sabbath day in your life?

Break It Down

1.) Worship-

At our recess each week, we need to take time to climb the “Jungle Gym” of Worship.

The Sabbath is a day that has been set apart from all others as holy to the Lord. It is to be dedicated to Him. Worship gives us a “view from the top” that all of us desperately need. It allows us to see God as He really is and ourselves as we really are. It enables us to gain an eternal perspective on our temporal lives.

1. How does not attending church on Sunday affect the rest of your week?

Make sure to take a recess every week and climb the jungle gym of worship. It’s sometimes good to worship in other locations. It may provide a new view of God or may make you glad to get back to Lynn Haven.

2. Describe a church that you have visited that was different than your usual experience with worship.

2.) Rest-

A vital part of any Sabbath experience is climbing aboard the “Swing Set” of Rest.

When we refuse to take time to rest, we pay a significant price because it takes a toll on us – physically, mentally, emotionally, spiritually, and relationally.

1. What if you spent some down time each week on the swing set of rest?

Sometimes there are some pressing matters that have to be taken care of on Sunday which can keep us from taking a rest. But be very careful “pressing” is defined.

2. What are some obstacles people must overcome to make time for Sabbath worship?
3. What are some ways you can take a rest each week?

3.) Fellowship-

We need the Group Activity of Fellowship.

God never intended for His people to live isolated lives. We were made to live in community, interacting with others and mutually supporting one another. The danger of staying home on Sunday is that it keeps us from the high place of worship; it separates us from other believers.

1. How has attending worship and fellowshiping with other believers helped you in your Christian life?
2. Discuss a time when you didn’t attend church or fellowship with other believers. How did it affect your faith?

Conclusion

Why God thinks it’s so important to take a recess each week:

1. First of all, life is all about relationships. Sabbath-keeping provides us an opportunity to work on all of them. Worship: our relationship with God; rest: our relationship with ourselves; fellowship: our relationship with others.
2. Second, God instructs us to keep the Sabbath, not so much as an order as much as it is an offer. Don’t think of the Sabbath as a Law, but as a gift. In the same way, God says, “You get to have a recess once a week. You don’t have to work all the time. Take a break to worship, rest, and fellowship.”

1. What stood out most to you about today’s sermon? How will you apply it to your life?

Close in prayer.