



## Men's Fraternity

Isaiah 58: "Sabbath...Rituals of Rest"

Hugh Halter / November 11, 2020

### FIRST TAKE

"High OR Low." Share your relational HIGH and LOW from the last week. (\*This could be related to family, work, faith, etc.)

### TEXT

Isaiah 58:13-14

From *The Power of Full Engagement*:

- "If the Truth is to set us free, facing it cannot be a one-time event; rather it must become a practice."
- "The power of positive rituals is that they serve as anchors grounding us to what we value."
- "Accountability is a means of regularly facing the truth about the gap between your intentions and your actual behavior."

### TAKEAWAY

1. The point of sabbathing is joy.
2. To become a man of true rest, we must learn to practice rest.
3. Jesus invites us into **daily, weekly, and annual rituals** of rest in order to live a life God and we will value.

TALK (Take Notes from the Video)

## TURN IT UP (Questions to talk through)

1. Hugh shared that the reason God invites us into sabbath is to bring us JOY. Why do you think this is the case?
2. Discuss why a non-sabbathing life steals your joy. Be as personal and specific as you can.
3. Hugh describes his daily/weekly/annual rhythms. Do you have any rhythms that are working for you that may help your brothers?
4. Hugh talked about owning your own schedule. Did that bring tension or encouragement to you? Why?

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