

MESSAGE NOTES:

5
HABITS
OF
SPIRITUAL
GROWTH



Accelerate Part 3

Bevan Unrau
February 5, 2017

1 Timothy 4:7-8 ...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Exodus 20:8 Remember the Sabbath day by keeping it holy.

1. Sabbath: A day to _____

Ecclesiastes 4:8

R _____

R _____

R _____

2. Holy: A day to _____

Isaiah 30:15-18

Slow your _____

Regain your _____

Declare your _____

Today's Music

Let the Praises Ring Lincoln Brewster
Your Love Awakens Me Chris Quilala, Phil Wickham
Good, Good Father Anthony Brown, Pat Barrett
Lord I Need You Daniel Carson, Kristian Stanfill, Christy Nockels,
Matt Maher, Jesse Reeves

Growth Group Homework – February 5, 2017

Accelerate: Keeping the Sabbath

We need to take time every week to be recharged emotionally, physically, and creatively. In addition, we also need time to slow down and remember that we ultimately rely on God's ability, not our own. This week we look at the habit of keeping the Sabbath.

Warm-Up

1. Do you have an organized calendar, or do you just go with the flow? Why?

2. On a scale from 1 to 10 (1 being not at all, 10 being maxed out), how busy do you feel?

What are the top three concerns that tend to keep your mind racing?

Talk it Over

3. What part of the message stood out to you and why?

4. Read Genesis 2:2-3 and Exodus 20:8. We have a seven-day week because God set one day aside for rest. Why do you think God set it up this way?

5. Read Luke 10:38-42. How do these two sisters differ?

What do you think of Martha's statement to Jesus in verse 40? When was a time you felt this way?

Bevan explained how we need a day to refocus. He challenged us to slow our pace, regain perspective, and be patient. How do you see these at work in this passage?

Which of these three practices is most difficult for you to do? Why?

6. Part of a Sabbath day is taking time to recharge. This happens when we spend time with people who encourage us, we get rest, and we participate in recreation that re-energizes. What is something that recharges you?

Take it Home 7. Thinking through your schedule and responsibilities, what would have to change to make a Sabbath day a habit?

Memorize: Isaiah 30:18