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Getting Life Back in Rhythm
Nehemiah 10:31

The people of Israel have been in repentance over their relationships and now Nehemiah focuses their attention on the day of the Sabbath. They have messed up the way it has been addressed as a day of rest. What did God intend for the Sabbath to mean to the Israelites?

- ❖ A day set apart to remember they had left Egypt
- ❖ A day set apart to clarify values
- ❖ A day set apart to imitate God's rhythms
- ❖ A day set apart to distinguish themselves from the world
- ❖ A day set apart to deepen their trust in God
- ❖ A day set apart as a moment to seize great opportunities:
 - To rest
 - To connect
 - To worship God
 - To taste heaven

In verse 31, Israel was repenting about their consumerism mentality related to the Sabbath.

How can we apply this passage to our lives? Here might be our repentance:

1. For some, it might be asking God to deliver them from the rat race of consumerism.
2. For all, it would be asking God to bring us into His rest, at least to have a "Sabbath heart," one that rests in Jesus.

Discussion Questions:

- What captured your thoughts in the message this weekend?
- What is your experience with keeping the "Sabbath" commandment?
- How are you out of God's rhythm?
- What would it mean for you to "get into God's rhythm?" To rest in Jesus?

"It can be as much a sin to do more than God intended as to do less than God intended."