



A FOUR-WEEK SERIES ON **SABBATH**

Series Overview

The main idea of this four-part series is: What would you say if you found out the God of the universe created a space ... and then He called it "sacred..." and then He invited you to meet with Him in that space? What if he named it a funny word, like "sabbath?" In our busy and chaotic world, it feels like if we were to take time to intentionally rest, we would fall behind, miss out, and even fall apart. We live as if our work will *free* us when, in reality, we often live our lives enslaved to our work. In this four week series, we'll look at who our Creator is, who we were created to be, and how choosing rest might change the course of our lives.

Week 1

Scripture: Genesis 2:1-2

Summary: Sabbath rest means to stop and freely believe good is good enough.

Week 2

Scripture: Mark 2:23-3:6

Summary: Sabbath rest is freedom.

Week 3

Scripture: Luke 4:14-21

Summary: Sabbath rest is a gift.

Week 4

Scripture: Psalm 92

Summary: Sabbath rest is a day to reorient our entire lives back to its center in God.

Video of the Month

As we spend the month of May focusing on the topic of rest, perhaps you are looking for a refresher on, or easily understandable explanation of, what the Sabbath is so you can journey and learn with your student. Well, look no further! The Bible Project has an excellent video. [View it here](#) along with some questions for personal reflection or to discuss with your student and family. Enjoy!

Spiritual Practice of the Month

Try practicing Sabbath this month! And remember, it's called a "practice" for a reason. If it's helpful, we are providing [this meditation guide](#) as a resource for you and your family to get started.

Resource of the Month



If you've ever wondered whether Sabbath is still relevant or how to take a day of rest when sports always seem to get in the way, [this comprehensive resource](#) might be for you. Not only will you find explanations about its history and how to get started, you'll also find encouragement and support when the idea of rest seems overwhelming, or you just aren't sure anymore what you should say yes or no to. Plus, it concludes with some discussion questions for you and your family to wrestle with together.

Let's be mindful as well that May is the month of AP tests for high school students. They may need an extra dose of encouragement to remember to rest and a gentle reminder of your unconditional love for them amidst their stress.

Question of the Month

The number one reason why many people ignore God's command to rest is time. There isn't enough, life is too busy, our kids' calendars are crazy, the list goes on. And yet Sabbath is still something God wants FOR us. So, **what's one thing you as a parent can give up this month to create space for rest and to model for your teenager its value?** And if you're willing to share your answer and allow us to hold you accountable, please hit reply or email us at students@menlo.church. We'd love to hear from you.