

## **Focusing on Sabbath's Foundational Purposes**

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March 29, 2020

**Text:** Genesis 1:31-2:3; Philippians 4:4-7

### **The Satisfaction/Gratitude Connection**

- The satisfaction we derive from our work naturally \_\_\_\_\_.
- God's \_\_\_\_\_ is the starting point of our gratitude.

### **Sabbath Detoxes Our Souls**

- When you are \_\_\_\_\_, get focused through thanksgiving.
- When sabbath \_\_\_\_\_, find calm by giving thanks.

### **Gratitude as the Pathway to Peace**

- In the face of adversity, believers \_\_\_\_\_.
- In adversity, believers \_\_\_\_\_ for thanksgiving and prayer.
- By doing these things, believers experience \_\_\_\_\_.

## **Life Enrichment**

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What about today's sermon challenged, disturbed, or encouraged you?

- What are some of your significant accomplishments? Who helped you in the process?
- Why do you think God paused to admire His creative work? What does this tell us about our nature?
- How does reflecting on our work help us demonstrate gratitude?
- What do you find most difficult about Sabbath? Why do you think it is such a struggle?
- List at least five things for which you are currently grateful and verbally thank God for them.
- Paul commands us to rejoice without regard for our circumstances. How is that possible? On what is the joy focused?
- How does gratitude help us stay focused in tough times?
- Why do you think Paul offers rejoicing, prayer, and thanksgiving as the Christian alternative to anxiety? How do they change our perspectives? Calm our distress?