



# SUMMERSIDE COMMUNITY CHURCH

Everyday Disciples who make Disciples Every Day

## **WORSHIP GUIDE**

**DATE:** November 29, 2020

**SERMON TITLE:** Everyday Habits: Sabbath

**SPEAKER:** Pastor Mark Cuthbert

**SERMON TEXT:** Colossians 2:16-17

### **DISCUSSION QUESTIONS:**

1. Can you remember a time in your life when you were tempted to just keep working harder and longer without resting because you wanted the reward?
2. When is it the hardest for you to just stop working and taking time to rest? (This question applies to people doing unpaid work at home as well as to students.)
3. Though the Sabbath commands and promises in the Old Testament don't directly apply to us, we can learn from what God intended by them. Read the following verses and consider how they can apply to our need to take time to rest and reflect.
  - a. Deuteronomy 5:15
  - b. Exodus 31:13
  - c. Isaiah 58:13-14
  - d. Exodus 16:21-30
4. How are you going to begin or continue to practice the habit of experiencing Sabbath rest?

### **PRAYER FOR OUR PEOPLE:**

- Lloyd Weiss is undergoing transplant tests and an assessment for another kidney transplant. Please pray that: these results would give him the go ahead for this second transplant, and for his gradual transition back to work;
- Larry Urquhart is now at Parkwood Hospital to recover after his surgery for a broken leg and shoulder. It is expected that he can return home in two weeks;
- Betty Cross received some test results. The blood test showed some higher numbers than her doctor would like to see (CEA). The CT scan showed good results, including her lymph nodes. A spot was found on her liver and the doctors are unsure as to what type yet. The polyp test results from her colonoscopy have not come back yet. Betty appreciates your continued prayer;