

Chasing Margin

With Our Souls (Week 4)

LifeNotes

TALK IT OVER

Main Idea

The rest our souls need and the margin we chase is found in His Sabbath rest.

Key Scriptures

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

Matthew 16:23 NLT

If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.

Isaiah 58:13-14 NIV

Truly my soul finds rest in God;

Psalms 62:1 NIV

A hurried life and a healthy soul are mutually exclusive.

We embrace Sabbath rest when we:

1. Ruthlessly eliminate hurry.

Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. Isaiah 40:31 NASB

2. Practice present praise.

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's Psalms 103:1-5 NIV

3. Come, receive.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 NLT

Start talking.

- Joel opened by reading a story. He said, "Your soul is the stream. You are the Keeper." How is your soul a stream and how are you its keeper?
- How do we "tend" our souls?
- What things clog up and "muddy" our souls?
- How do we chase margin at the expense of the condition of our souls?

Start thinking.

- Read Matthew 16:23. What is your soul? Why is it worth so much in the eyes of Jesus?
- Read Isaiah 58:13-14. What is the "if-then" equation Isaiah lays out? How would you translate his language for today's culture?
- How would you define Sabbath? How is it more than merely one 24 hour period?

Start sharing.

- How has "hurry" become somewhat of a "merit badge" for many of us?
- What good things does "hurry" keep you from?
- Why are "a hurried life and a healthy soul" in opposition?

Start doing.

- Read Isaiah 40:31. What is one way to eliminate hurry from your schedule this week?
- Read Psalms 103:1-5. How can you begin to practice present praise this week?
- Read Matthew 11:28. What is making you weary and heavy burdened that you can bring to Jesus this week?

Closing prayer.

Jesus, I confess I hurry after so many things that leave me weary, spent, and burdened. Help me to embrace your rhythm of Sabbath rest; to eliminate hurry, praise you daily, and come receive the rest you have created for me. Thank you for loving me and inviting me to draw close.