

## HEARING GOD #4

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***Then God said, "Let Us make man in Our image, according to Our likeness"... Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. Genesis 1:26, 2:6 NASB***

WE HAVE \_\_\_\_\_ . (make man in our image)

WE HAVE \_\_\_\_\_ . (formed from the dust)

WE LIVE WITH \_\_\_\_\_ . (a living being )

WHAT DO YOU DO NOW?

GOD SAYS:

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***"Trust in the LORD and do good; dwell in the land and cultivate faithfulness. Delight yourself in the LORD; and He will give you the desires of your heart."***

*Psalm 37:3-4 NASB*

***"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."***

*Matthew 11:28-30 NASB*

FULL HEARING OF GOD MEANS A FULL STOP FOR GOD

***"By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. This is the account of the heavens and the earth when they were created, in the day that the LORD God made earth and heaven."***

*Genesis 2:2-4 NASB*

***"Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy."*** *Exodus 20:8-11 NASB*

GOD \_\_\_\_\_ STOPPING FOR HIM.

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WHAT AM I STOPPING?

STOP \_\_\_\_\_ .

***“Then God blessed the seventh day and sanctified it, because in it He rested from all His work...”***

**STOP \_\_\_\_\_.**

***“For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.”***

**STOP \_\_\_\_\_.**

***“And which of you by worrying can add a single hour to his life’s span? If then you cannot do even a very little thing, why do you worry about other matters? Consider the lilies, how they grow: they neither toil nor spin; but I tell you, not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass in the field, which is alive today and tomorrow is thrown into the furnace, how much more will He clothe you? You men of little faith!”***

**WHAT STOPPING FOR GOD (SABBATH) COMMUNICATES...**

**SAYS \_\_\_\_\_.**

**SAYS \_\_\_\_\_.**

**SAYS \_\_\_\_\_.**

**SABBATH = \_\_\_\_\_.**

***“Return to your rest, oh my soul, for the Lord has dealt bountifully with you.”***

*Psalm 116:7 NASB*

**WANT IT, PLAN IT, DO IT**

1. Set aside a day.
2. Clear the schedule.
3. Turn off your phone.
4. Invite the Holy Spirit to pastor you.
5. Rest and worship in whatever way is life-giving (eat meals together, sleep in, read the bible for a long time, sing, pray, have sex, laugh, hike, walk, enjoy nature)
6. Enjoy who and what God has given you for 24 hours.
7. Let your soul catch up to your body.

***“People who keep sabbath live all seven days differently.” Walter Brueggeman***

**FOR DISCUSSION:**

**HOW DO YOU EXPERIENCE THE TENSION BETWEEN UNLIMITED DESIRES AND THE “LIMITED EXISTENCE” OF LIFE?**

**WHAT HAS BEEN YOUR EXPERIENCE WITH MISPLACING YOUR DESIRES IN THINGS OTHER THAN GOD?**

**WHY IS STOPPING (FROM WORK, WANTING, AND WORRY) HEALTHY SPIRITUALLY?**

**WHY IS SABBATH (OR STOPPING INTENTIONALLY FOR GOD) CRITICAL TO HEARING AND EXPERIENCING GOD?**