



**Rock Church**  
**Pastor Miles McPherson**

**Sabbath Power**  
**March 13, 2022**

**Monthly Discipleship Focus for March**  
**Nurtures a burden for lost people**

*This 6-part series explores traditions that Christians have been practicing for centuries such as fasting, sabbath, reflection, and baptism. In Part 2, Pastor Miles discusses the importance of taking regular time of rest to renew your body and mind, and to focus on God.*

**Read Leviticus 25:8-43, review the following points, then briefly respond accordingly:**

1. **Because God FORGIVES, I will rest from GUILT AND SHAME, and worship Him** (Leviticus 25:8-12). Taking a “sabbath day,” means physically you are resting, but spiritually you are acknowledging God. Is it easy or difficult for you to take one rest day each week?
2. **Because God PROVIDES, I will rest from the WORKAHOLISM, and worship Him** (Leviticus 25:20-22). When you take your sabbath day, what are you most worried about - your paycheck?
3. **Because God OWNS it all, I will rest from HOARDING, and worship Him** (Leviticus 25:23). Do not be preoccupied with having more. Learn to let it all go since you are a citizen of heaven, not of earth. Give an example of a worldly possession you have, knowing you cannot take that with you when you leave this earth.
4. **Because God is GENEROUS, I will rest from GREED, and worship Him** (Leviticus 25:35-38). In what way have I recently blessed someone else, not expecting anything in return?
5. **Because God is FORGIVING, I will rest from HOLDING GRUDGES, and worship Him** (Leviticus 25:39-42). Is there someone you may be holding a grudge towards? Pray about how you need to be forgiving and gracious towards others.

**This Month’s Memory Verse: Mark 15:15 NKJV**

And God said to them, “Go into all the world and preach the gospel to every creature.”

**This Week’s Bible Readings & Bible Project Videos**

Joshua 22-24: <https://bibleproject.com/explore/video/joshua/>

Psalms 31-36: <https://bibleproject.com/explore/video/psalms/>

Judges 1-18: <https://bibleproject.com/explore/video/judges/>

**Next Steps**

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