



Next Meeting: March 10, 2023
Paul Phillips: 910-470-0870

CELEBRATION AND SABBATH

1. Are you better at Celebration or Criticism?

- *Psalm 118:24*: "This is the day the Lord had made, Let us rejoice and be glad in it."

- *Luke 15:10*: "There is joy before the angels of God when one sinner repents."

2. Do you have a Healthy Rhythm of Rest for your Soul?

- The Chinese have two characters for the English word "Busyness" - they are: Heart—Annihilation

- *Proverbs 14:12*: "There is a way that seems right to a man, but in the end it leads to death."

- "God gave me a message to deliver and a horse to ride (body). Alas, I have killed the horse and now I cannot deliver the message." - *Robert Murray McCheyne*

Discipline of Rest: You are communicating—

- I am not a slave
- I am not the Savior
- I trust God
- I can stop and be satisfied



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Questions

1. Rate yourself on Celebration vs. Criticism. Do you have a daily rhythm of celebrating what God has done in your life? Why is it important?
2. Why is it so easy to be a grumbler - to be Lucy? Grumbling for the Israelites turned out to be very costly - What can be done to change a grumbling attitude?
3. Rate yourself on having healthy Rhythms of Rest for your Soul. What does your pace of life communicate to your family...to your friends...with those whom you work?
4. Do you find ways of rest for your soul? How? (or) Do you think you are the exception?



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