THE EHS COURSE
Session 6 Planning Pack

SECTION 1 2

EHS COURSE SESSION 6 SCHEDULE AND CLOSING SUMMARY 3-9

SECTION 2 10

EHS COURSE SESSION 6 POWERPOINT SLIDES 11-45

SECTION 3 46

EHS COURSE FOLLOW UP EMAIL 47

©PeteScazzero2016

THE EHS COURSE
Session 6

Section 1 - Schedule and Closing Summary
PAGES 3-9

©PeteScazzero2016

The EHS Course
Sample Schedule and Closing Summary

Session 6: Daily Office and Sabbath

Since participants in the Course will have been doing Daily Offices (EHS Day by Day) now for 5 weeks. Moreover, you will have modeled this every week at the beginning of your session. Hopefully, you will have already responded to a few key challenges of stopping to be with God over the past 5 weeks. As a result, Session 6 will focus more on Sabbath rhythm and FAQ's, and you will note my deletion of the Daily Office sample and insertion of a new "Application and Closing Prayer" Section.

7:00-7:10 — Welcome and Daily Office.

- Do the Midday/Evening Office on pp. 163-164.

7:10-7:20 — Growing Connected Question

- **PP** Add Daily Office question- Were you able to make any progress with the Offices? If not, what was your biggest obstacle?
- The Growing Connected Question 1 on page 80.

7:20-7:35 — DVD or You Speak.

- **PP** How this Session fits in The EHS Course –

Note: I skip the "Starters" section because I now am doing a Daily Office with them each week. As a result I am focusing now on the concept of rhythms in our days and weeks.

7:35-8:05 — **PP** Bible Study

Read the introduction and text from the workbook on pg. 84-85

- What ties this together is the concept of rhythm – in our days and weeks – in a culture that seeks to absorb/assimilate us
- Bible Study --- Daniel 6 and Exodus 20

8:05-8:20 — BREAK

8:20-8:40 — NEW Application and Closing Prayer Section

NEW HANDOUT – 10 minutes alone with God to journal your answers:

Remember, Sabbath is a 24-hour block of time in which we *stop* work, enjoy *rest*, practice *delight*, and *contemplate* God.

- **Stop.** What 24-hour period might serve you at this phase of your life? (We recommend you build it around weekly worship–e.g. Sunday all day or Saturday nite at 6 pm to Sunday night 6 pm).

- **Rest.** What will you need to stop that relates to your work – paid and unpaid?

- **Delight.** Delight is the most important characteristic of Sabbath. Write down things you currently do, or hope to do, that nurture your spirit and fill you with delight (e.g. hobbies, nature, friends)

- **Contemplate.** What additional activities replenish you and cause you to remember that all life is a miracle? (This does not mean we spend the day in prayer or Scripture. This is about receiving the love of God coming to us all through the many gifts of life from his hand.)

  Get in groups of 3. 10 min.
  What do you think will be your biggest challenge as you seek to take your first steps in practicing Sabbath?

  What might be 1 or 2 questions that you are holding?

8:40-9:00 — *Closing Summary*

Introduction: Read final 2 paragraphs aloud from pg. 156 in EHS Book on limits and rhythms.

- The Israelites didn't learn to practice Sabbath overnight after living 400+ years as slaves. It took them a lot of time as well as trial and error. So it will be for us.
- Let's face it- the notion of Sabbath rhythm in our culture is radical and countercultural. This will not be easily integrated into our life but will take time.
- We are battling against powers and principalities (Eph. 6:12ff) that want to conform us to the culture that goes 24/7 and tells us our worth and value is what we do, not the love of God.
  (Excellent additional material can be found in chapter 5 of *The Emotionally Healthy Leader* called "Practice Sabbath Delight." It offers a more filled-out theology of Sabbath)
- So give yourself lots of grace in slowing down to practice rhythms in our weeks.

Let me close with a few words on Sabbath. (I would invite people to give you the questions they have noted in their groups of 3 and attempt to answer as many as possible. Refer to the FAQ sheet you have handed out. If you aren't sure of an answer, simply say, "I don't know."

MAKE THIS HANDOUT AVAILABLE FOR EVERYONE
Leave time to respond to a few FAQ's. The following FAQ's are found on our website. These will help you as you take some questions. http://www.emotionallyhealthy.org/wp-content/uploads/2015/10/Sabbath_FAQs-1.pdf

FAQs (FREQUENTLY ASKED QUESTIONS) *© Pete & Geri Scazzero*

Why do I need to keep Sabbath for a whole 24-hour period each week?

God created us in His image for a rhythm of work and rest. When we violate that rhythm, we do violence to our own souls. Moreover, we are not defined by what we do or what we produce. We are defined by God's unconditional love for us in Christ Jesus. Therefore, we don't keep Sabbath to earn God's love. Rather, Sabbath is God's gift to keep us centered and rooted in that amazing reality. It is not an accident that this essential spiritual formation practice is found in the fourth commandment of the Ten Commandments.

How do I go about deciding what specific activities are acceptable and unacceptable on the Sabbath?

Reflect on the following questions as you sort out God's pathway for you: 1. What do I need to stop that relates to my work --- paid and unpaid? 2. List the activities that create delight and rest for you? 3. How can you structure your day to cultivate a greater awareness of God in your life and in the world? 4. What might help you see God's goodness and miracles all around you today?

Do you I have to take my Sabbath on a particular day of the week?

In the fourth commandment on Sabbath-keeping, the specific day (Saturday or Sunday) is not mentioned, but instead, it's noted that Sabbath-keeping is to be celebrated every "seventh" day. There are Biblical examples of the Sabbath being kept on the first day of the week (Acts 20:7, 1 Cor. 16:2), and it's true that once the Christian calendar was adopted worldwide, the first day of the week most naturally fell to Sunday. However, the heart of Sabbath is that it was to serve us (Mark 2:27), and there are certainly factors in the larger culture that contribute to people taking another Sabbath day instead of Sunday. The important principle is not necessarily

to take one *specific* day as Sabbath, but rather one *regular* day to stop, rest, delight, and contemplate unto the Lord (Col. 2:16-17, Romans 14:5-6). We're encouraging people to take either Fri night-Sat night or Sat night-Sun night because in today's culture, the breaks from work usually fall on one of those times. However, if one's break from work does not fall on one of those days, we encourage you to take another 24 hour period off.

Which day is the Sabbath? Sunday or Saturday? I have heard different views.

Paul addresses this very issue in the Jew/Gentile/multicultural church in Romans 14:1-8. He writes: "One man considers one day more sacred than another; another considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord..." I believe the key principle is keeping a rhythm for the same

day of the week each week. Doing it around the Sunday gathering of worship is clearly best when possible, I believe, as this is part of our contemplation.

Historical Background: God established the rhythm of six-days-of work, one –day-of- rest pattern, in Genesis 1-2. It has guided Judaism ever since, celebrating Sabbath from sunset on Friday to sunset on Saturday. With the coming of Jesus, the Sabbath took on new meaning. Not only did it point back to creation, but it anticipated the eternal Sabbath rest and peace we will enjoy once we see Him face to face. Thus, early in the church the Sabbath was shifted to Sunday – the day of Jesus' resurrection. While many Jewish Christians continued to celebrate Sabbath on Saturday, Sunday also became a day for Christians to gather for worship, prayer, and an "agape" meal that included the Lords' Supper. In 321, the Emperor Constantine decreed Sunday instead of Saturday to a day of no work, thus changing officially the Sabbath to the first day of the week.

Can I serve at New Life as a volunteer? Should I stop?

Yes, you can serve at New Life. Except for a very, very few, our work is not at New Life. We work as secretaries, social workers, teachers, lawyers, accountants, moms/dads at home, students, etc. Serving at NLF is not our job. Hopefully, there is delight in serving Christ as a children's worker, parking lot attendant, usher, greeter, etc. It is also important to remember that showing mercy and compassion was the missing element Jesus brought back into God's original intention of Sabbath- keeping. Treating people, whether children, youth, or adults, like Christ is the heart of what we seek to do at New Life.

Do I need a day-off and a Sabbath?

You will need at least a half –day, or several hours, to prepare for Sabbath. Part of the Sabbath experience is the preparation time. What needs to happen before Sabbath starts so you (or your family) can experience true rest on the day itself? A basic list of what needs to get done before Sabbath starts might include getting the errands and chores of life done (e.g. food shopping, laundry, errands, cleaning the house, bringing closure to your work, final phone-calls, paying bills). These things make Sabbath more restful and communicate the order and peace many of us long for.

Do I spend the Sabbath alone or with other people?

The question to ask is: What do you need for a day of rest? Time with people or time alone? Both? In what proportion? This may change for you depending on the seasons and circumstances of your life.

What do I do about my tendency to perfectionism?

We don't ever get Sabbath "right." Sabbath is a day to let go of perfectionism and let God run the universe. Inconsistencies, bad choices and learning from our mistakes are part of

the point. Do your best to stop working, letting God worry about what you're not doing right, taking your focus off yourself so you can rest in Him.

Isn't Jesus our Sabbath-rest? Is this another works-righteousness?

Jesus reinforced the gift of Sabbath amidst all the abuses of His day. He reminds us, "The Sabbath was made for people, not people for the Sabbath" (Mark 2:27). To keep Sabbath is to exercise one's freedom, to declare oneself to be neither a tool to be "employed" nor a beast to be burdened. Sabbath-keeping is an invitation to rest because God rested. This rest serves as a sign of contemplation and abundance. God's gifts to humanity are so generous that we are able to rest. Our rest indicates that we depend completely on the God who redeemed us from sin, death and evil.

How do I cease from the work of parenting?

You cannot stop changing diapers of course. But you can cease from tidying up, cooking, laundry, and running errands. You can do some things together as a family. You can hire a babysitter so you, and with your spouse, can get time alone. You can take time alone for yourself, leaving parenting to your spouse. Then, you take the children and give equal time to him/her.

What do I about my children who aren't interested in Sabbath?

The important thing to remember is that this is not a day of deprivation. Sabbath is to be a delight. Rather than simply taking things away, think about things you can add (e.g. special desserts, a movie, a creative family activity – depending on the ages of your children. It doesn't have to be a forced family day. If your children are older, they are going to naturally going to want to connect with their friends. That is okay. You will go through many transitions in keeping Sabbath depending on your children's ages and temperaments. But, whenever possible, remember this is a wonderful opportunity to build rhythm, intentionality and sacred traditions into your family.

What about sports and extra-curricular activities your children may be involved in?

There may be some activities you want to eliminate because of the stress involved. But there may be others (e.g. if your child loves soccer) that you do, but you will do it in a different spirit. You may go to the soccer game but you are doing it without multi-tasking, talking on the phone, reading e-mails, or reading work-related paperwork at halftime or during time outs. You can focus on enjoying the game, other parents, or the very gift of the human body able to participate in athletics.

How, like Jesus, can we exercise compassion on the Sabbath without turning it into work?

The Jews have longed believed that showing compassion on the Sabbath reflects the glorious abundance of the day. We rest from work in order to turn our hearts toward God, and God is always concerned with human need. When we stop for Sabbath, it may happen that we become more attentive to the problems of the world around us. This ultimately leads us to show more, not less, compassion. Maybe the Good Samaritan was on his Sabbath! Just be careful that it is not a "should.' Rejoice in small acts of caring, allowing them to connect us to our compassionate God.

ADDITIONAL NOTES:

PP – God is calling us out of slavery to the culture into a freedom with Him. One of the ways we do this is through developing a Sabbath practice of delight, finding our worth, value, and identity in His grace, not our work or performance.

- Remember, Sabbath is a 24-hour block of time in which we *stop* work, enjoy *rest*, practice *delight*, and *contemplate* God. **PP**
- **Stop.** Sabbath is first and foremost a day when we cease all work — paid and unpaid. On the Sabbath we embrace our limits. We let go of the illusion that we are indispensable to the running of the world.
- **Rest.** When we stop, we accept God's invitation to rest. God rested after his work of creation. Every seventh day, we are to do the same. We engage in activities that restore and replenish us — from napping, hiking, reading, and eating good food to enjoying hobbies and playing sports.
- **Delight.** This is the most important characteristic of Sabbath. After finishing his work in creation, God pronounced it "very good" (Genesis 1:31). This was not an anemic afterthought — *Oh, well, it's nice to be done with that* — but a joyful recognition and celebration of accomplishment. <u>The key question is: "What gives me joy and delight?"</u> We experientially remember on Sabbath that all of life is a miracle.
- **Contemplate.** This is about seeing the invisible in the visible — that is the love of God coming to me all through life –people, places, things. Contemplation is about being focused on those aspects of God's love that come through the many gifts from his hand.

I love the great quote from Rabbi Abraham Joshua Heschel who wrote:

> *Unless one learns how to relish the taste of Sabbath while still in this world, unless one is initiated in the appreciation of eternal life, one will be unable to enjoy the taste of eternity in the world to come. . . The essence of the world to come is Sabbath eternal, and the seventh day in time is an example of eternity.*[4]

I recommend you close this session with 3 things:

1. Remind your people that the issue of Sabbath is one of the core spiritual practices to slow down our life but that this will take time to integrate. Relax. Say it again: Only Jesus saves us through His work on the Cross for us, but a few core disciplines keep us anchored to Him. Practicing Sabbath delight is one of them.
2. Share the benefit it has been in your life up to this point in your journey. Be honest about your struggle of course, but hopefully you can encourage them to press into this by God's grace.
3. Bless them. Pray for them, asking for God's grace to empower them to begin taking their first steps around Sabbath.

Note: Remember, they will not "get" Sabbath in this one session. This is an introduction to this vast topic. But perhaps close on how Sabbath has changed, or is changing, your life!

THE EHS COURSE
Session 6

Section 2 - Power Point Slides
Pages 11-45

©PeteScazzero2016

EHS Course Session 6:
"Discover the Rhythms of the Daily Office and Sabbath"

WELCOME

©PeteScazzero2016

Emotionally Healthy Spirituality

Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE

Peter Scazzero

©PeteScazzero2016

Silence and Stillness Guidelines

Sit down and take a few deep breaths to settle into the silence.

1. Choose a very simple prayer to express your openness and desire for God.
   (e.g. *Abba, Father, Jesus, Holy Spirit,, Lord Jesus have mercy on me)*

2. Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.

3. When you become distracted, offer again your simple prayer back to God.

©PeteScazzero2016

Growing Connected:

1. *EHS Day by Day* (Daily Office).
   - Were you able to make any progress with the Offices? If not, what was your biggest obstacle? Progress?

2. Growing Connected pg. 80

©PeteScazzero2016

Emotionally Healthy Spirituality Course

1. The Problem of Emotionally Unhealthy Spirituality (Saul)

2. Know Yourself that You May Know God (David)

3. Go Back to Go Forward (Joseph)

4. Journey Through The Wall (Abraham)

5. Enlarge Your Soul through Grief and Loss (Jesus)

6. Discover the Rhythms of the Daily Office/Sabbath (Daniel)

©PeteScazzero2016

Introduction to the Daily Office and Sabbath

©PeteScazzero2016

© Pete and Geri Scazzero 2013

© Pete and Geri Scazzero 2013

The Daily Office
(Fixed Hour Prayer)

"One thing I ask of the Lord, this is what I seek, that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek Him in His temple."

Psalm 27:4

©PeteScazzero2016

DAVID

"Seven times a day do I praise you."

Ps. 119:164

"It is good to praise the Lord…
To proclaim your love in the morning,
And your faithfulness at night."

Ps. 92:2

"Evening, morning and noon
I cry out to you in distress
And he hears my voice."

Ps. 55:17

©PeteScazzero2016

Daniel

"Daniel went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to God, just as he had done before."

-Dan. 6:10

©PeteScazzero2016

St. Benedict's – The Daily Office

1. Vigils (middle of night)
2. Lauds (predawn)
3. Prime ("first hour")
4. Terce ("third" hour) midmorning
5. Sext ("sixth" hour) noon
6. None ("ninth" hour) 3 p.m.
7. Vespers ("evening" hour) 6 p.m.
8. Compline (before bed)

©PeteScazzero2016

Sabbath:

To stop for a 24-hour period each week

©PeteScazzero2016

"Secular" Rhythm:

Work → Work → Work → Work → Work → VACATION!!!! → Work → Work → Work → Work → Work → VACATION!!!

"Sacred" Rhythm:

Sabbath → Work → Sabbath → Work → Sabbath → Work

©PeteScazzero2016

Ten Commandments (Deut. 5:6-21)

1. **You shall have no other gods before me**
2. **You shall not make for yourself an idol.**
3. **You shall not misuse the name of the Lord your God.**
4. **Observe the Sabbath day by keeping it holy**, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work…. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm.
5. **Honor your father and your mother.**
6. **You shall not murder**
7. **You shall not commit adultery.**
8. **You shall not steal.**
9. **You shall not give false witness.**
10. **You shall not covet.**

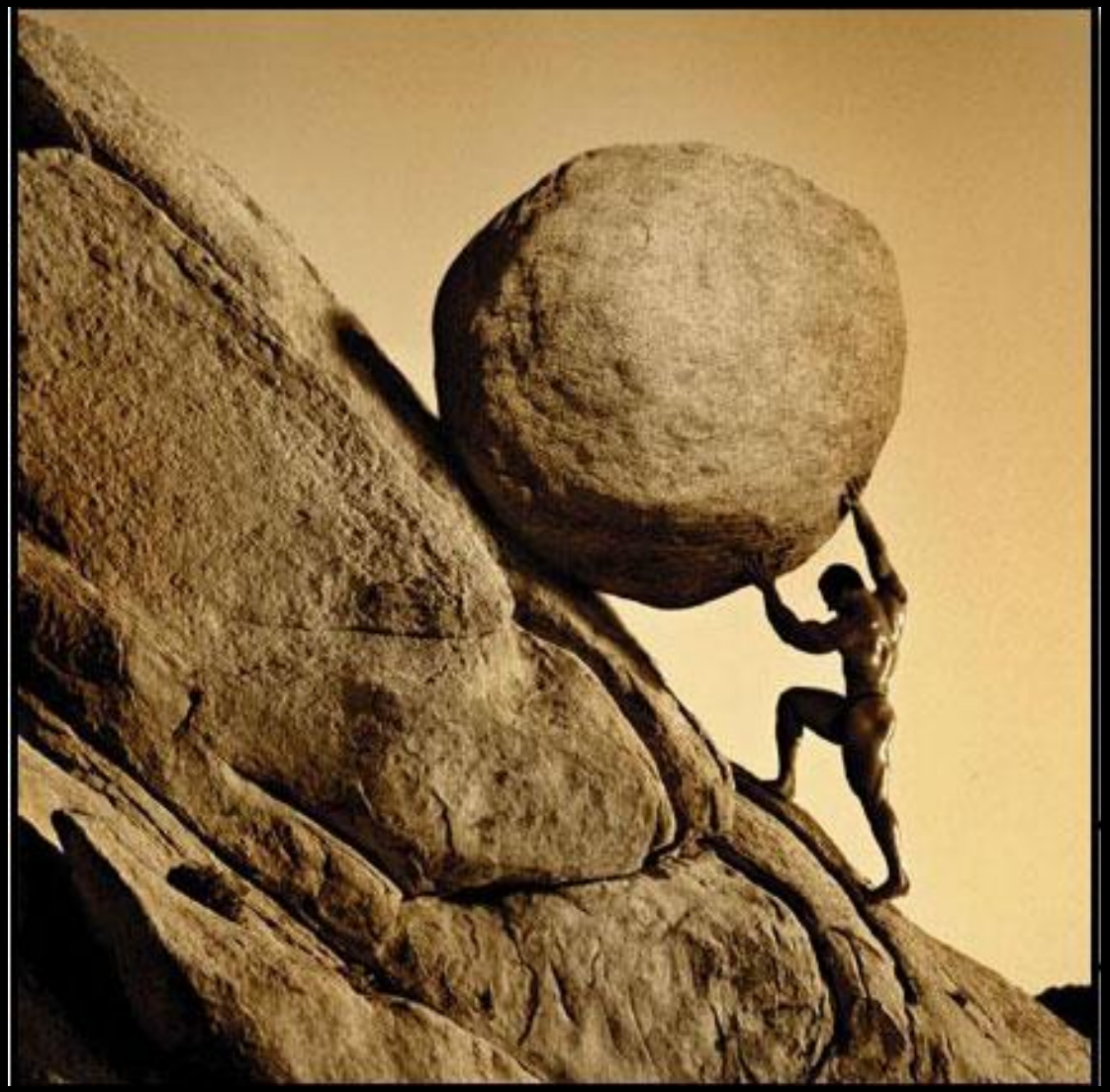
©PeteScazzero2016

Qualities to Biblical Sabbath:

©PeteScazzero2016

Rest

©PeteScazzero2016



- Work
- Physical Exhaustion
- Hurriedness
- Multi-tasking
- Catching up on errands
- Technology and machines (cell phones, TV, computers, Facebook, etc)

©PeteScazzero2016

Delight

©PeteScazzero2016

Contemplate

©PeteScazzero2016

Contemplation:
Seeing the invisible in the visible

©PeteScazzero2016

Bible Study

Page. 84

<u>Include question 9 from Application/Closing Prayer Section</u>

9. What difference would it make in your life if you celebrated a Sabbath every week?

©PeteScazzero2016

Application/Closing Prayer

See New Handout

1. Journal alone with God Your Answers.

2. Answer questions 1-2 in groups of 3.

©PeteScazzero2016

FAQ's on Sabbath

©PeteScazzero2016

Closing Summary

©PeteScazzero2016

"Observe the Sabbath day by keeping it holy… Six days you shall labor and do all your work, but the seventh day is a **Sabbath to the Lord your God.** On it you shall not do any work,

… **Remember that you were slaves in Egypt** and that the Lord your God brought you out of there with a mighty hand and an outstretched arm.."

Deut. 5:12-15

©PeteScazzero2016

Qualities to Biblical Sabbath:

©PeteScazzero2016

Rest

©PeteScazzero2016

Delight

©PeteScazzero2016

Contemplate

©PeteScazzero2016

Contemplation:
Seeing the invisible in the visible

©PeteScazzero2016

Important Reminders

1. We "Get to Keep" Sabbath

2. Legalism/Perfectionism Kills Sabbath-Keeping

©PeteScazzero2016

THE EHS COURSE
Session 6

Section 3 – Sample Follow-up Email
Pages 47

©PeteScazzero2016

EHS Course Sample Emails

Email Sent Prior to Week 7

Dear EHS Course Participant,

Greetings!! This Tuesday night we will be in Session 7 - Growing into an Emotionally Mature Adult. This will give you a taste for the Emotionally Healthy Relationships Course that will be held next Fall and how our ability to love others well is inseparable from a mature love for people.]

Let me connect you to two helpful resources that will serve you in growing in the Daily Office and Sabbath:

1. The first us a link to Sabbath FAQ's (Frequently Asked Questions) found on the emotionallyhealthy.org website.
2. There is a free app for *Centering Prayer* now available for iPhones, iPads (iOS 7+) and Android phones. I have found it very helpful and commend it to you. I recommend you set it simply with introductory music, the timer for silence, and then, the concluding music.

You remain in our prayers.

Blessings,

Pete

Sample 2:
We have a number of key goals going into tomorrow night - engaging the content of Session 7, summing up the entire EHS Course, and mapping out next steps for each of you as you launch into the next phase of your journey with Christ.

May God continue to give you grace to develop rhythms with Him that fit your life and context in these days as you seek to integrate the Daily Office in a way that works for you.

Blessings.

Pastor Pete

©PeteScazzero2016