

# God's Supernatural Presence Season 2: Shabbat Rest



## Scripture

- **Genesis 2:1-3**

Thus the heavens and the earth were completed, and all their hosts. 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.

## Other Scriptures

- Colossians 2:10
- John 15:5
- Mark 2:27
- Isaiah 58:14

## Main Points

- Shalom is a supernatural breath of God's Spirit that He imparts to those that are His.
- To enter into shalom, we need to practice abiding in God's peace.
- Peace is the foundation of authority.
- Shabbat in Hebrew means Sabbath in English
- We have to have periods in our lives of Shabbat—of rest.
- God will supernaturally bless your life so that the work you do will be sufficient for you to spend time resting with Him.

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## Discussion Questions

1. The Rabbi connected the word shalom with the idea of the outward breath that reminds us of quieting. He connected this strengthening to His clarity coming into our thoughts and the powers of darkness being crushed progressively over time. A girding of mind and soul through the Spirit of peace within you. To receive this we must abide in Him. What does this mean? What must we recognize about ourselves in order to stay in Him? Why did he refer to this as training?
  
2. What is the principle of Shabbat? If he is not referring to a specific day of the week, what is He referring too? What is the connection between a daily, morning Shabbat and the manna God gave in the wilderness? Jesus' words of praise for Mary's choice in sitting at the feet of Jesus rather than serving only? If Shabbat is a gift from God, are you receiving that gift on a consistent basis?
  
3. What does God do for our own sense of value in Him as we consistently place value on time with Him? Why did Rabbi say this was crucial in helping us experience the supernatural presence of God? Have you established a daily Shabbat appointment? Why not begin today? Why not record what God does for you in these times? Don't be discouraged if at first the discipline seems difficult and unproductive. What else can you do to help yourself be centered in His presence during these times?