

**THE WEEK OF  
August 3<sup>rd</sup>, 2009**



**Series 5, Number 24  
Retreat [Sabbath] Weekend '09**

"Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God."  
Exodus 20

Retreat. It's a word that, as men, we don't want to identify with. On the battlefield, the command to retreat would typically indicate that the battle is being lost. When faced with a challenge, to retreat, is to give up or give in. When it comes to the spiritual battle, the idea of retreating is conspicuously missing from the most comprehensive passage on the subject in Ephesians 6. Why, then, do we call what we're going to do at Glorieta, in a couple of weeks, a "retreat"? And if "retreat" isn't the right word, nor the right idea, then what is it we are doing and why is it so important? Biblically, the purpose and meaning for what we're doing is the idea and command for setting aside a time of Sabbath. It started all the way back at the beginning of creation. God, having worked for six days, set aside the seventh day as a day of rest. He looked back on all that he had made and "saw that it was good". From that first Sabbath, God established, within the ten commandments, a Sabbath day. We're all familiar with the Sabbath command, but did you know that He also established for Israel a Sabbath year? Both of these served similar purposes: A time of physical rest, rest for the land, submission in obedience, and a time to look back and examine the work that had been accomplished. For us, as we look to this time in Glorieta we should recognize some of these same purposes and needs. As we cease from our normal activity we gather together to rest and to examine our lives and what we have been doing. For those of you who have ever used any type of sensitive instrument, you'll be familiar with the importance of on-going calibration. For accuracy and sensitivity, instruments like thermometers, barometers and speedometers need to be calibrated against an objective standard. If not, the measurements they give will be incorrect. We, too, as instruments of God, need to be re-calibrated by stopping, getting away from our normal routine and exposing ourselves, in a unique way, to the calibrating influence of God's Word, prayer and fellowship. And, of course, we need the rest; for body, mind and soul. So make the "Retreat" an opportunity for Sabbath and come back refreshed and ready for the year ahead.

**Read the Proverb and the section of Psalm 119 that corresponds with the calendar day example:  
*If it's the 1<sup>st</sup> day of the month, read Proverbs 1 and Psalm 119:1-8 (Aleph)***

**This week we consider the Sabbath and its importance in the lives of believers**

**Mon:** The Command - "Remember the Sabbath day, to keep it holy." Exodus 20:8-11

**Tue:** Rest - "...on the seventh day you shall rest..." Exodus 23:12

**Wed:** Refresh - "Rest in the LORD, and wait patiently for Him..." Psalm 37 esp. verse 7

**Thu:** Re-calibrate - "Examine yourselves [as to] whether you are in the faith." 2Cor 13 esp. verse 5

**Fri:** Pray for your brothers in Christ

**Discussion Questions for Bible Café:**

1. Why is Sabbath so important? Do you set time aside for these purposes?

2. What happens in our lives if we don't make time for Sabbath?

**THE DAYS OF NOAH**  
PREPARING FOR CHRIST'S RETURN

**Prayer Requests of your Bible Café brothers (on back):**