

Relationship Revolution: *Emotionally Healthy Spirituality*

**Discovering the Rhythms of the Daily
Office and Sabbath: Part 6
Daniel 6; Exodus 20**

Pathways

1. Know Yourself that You May Know God (David)
2. Going Back in Order to Go Forward (Joseph)
3. Journey Through the Wall (Abraham)
4. Enlarge Your Soul Through Grief and Loss (Jesus)
5. **Discover the Rhythms of the Daily Office and Sabbath**

Discover the Rhythms of the Daily Office and Sabbath: Daniel 6: Exodus 20

1. The Daily Office

(Fixed Hour Prayer, Divine offices or liturgy of the hours)

OFFICES (*opus*) = work of God

- ◆ *My work in life first is to seek God.*

Psalm 27:4

- ◆ *“Seven times a day I praise you.”*

Psalm 119:164

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OFFICES (*opus*) = work of God

♦ *“It is good to praise the Lord... To proclaim your love in the morning, and your faithfulness at night.”*

Psalm 92:2

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

Psalm 55:17

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Aspects of the Daily Office:

- Stopping – to be with God
- Centering on Christ – directing our thoughts towards Christ
- Silence – to be alone with God – removing the noise
- Scripture – meditating on Scripture

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2. Sabbath Keeping

- To stop for a 24-hour period each week
- Traditionally sundown Friday to Sundown Saturday
- A day to stop, rest and delight in God

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Ten Commandments

Exodus 20:1-17

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. Remember 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 our God. On it you shall not do any work,... For in six days the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

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Ten Commandments Exodus 20:1-17

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.

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Qualities to Biblical Sabbath:

- Stopping – give control to God
- Resting – from our work
- Delighting – in what we have been given
- Contemplating – reflect on who God is and his promises

LEARNINVESTFOLLOWEXPERIENCE APPLICATION

Discovering the Rhythms of the Daily Office and Sabbath

#1. Find what works for you.

Place in life

Schedule

Personality

This should be enjoyable and not a burden!

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#2. Make a Decision – is this something I need?

Change your schedule

Develop a new routine

#3. Be Persistent

Don't get discouraged

When you fail don't quit

*I wait for the Lord, my soul waits,
and in His word I put my hope.*

Psalm 130:5