

—
**Practicing the
Way of Jesus**



allsaintsworcester

“talmidim”



allsaintsworcester

1. Be with Jesus
2. Become like Jesus
3. Do what Jesus did



1. Be with Jesus
2. Become like Jesus
3. Do what Jesus did

Key = abiding



Stephen Um

"The call to discipleship is a fundamental redirection of our human existence, a reorientation, an all-embracing turning about of our lives in order that our affections might be placed primarily on Christ."

John Mark Comer

“This is only possible if we are living in a constant state of awareness of, and connection to, the Holy Spirit”.

If we want to
experience the **life**
of Jesus we need
to adopt the
lifestyle of Jesus.



allsaintsworcester

Matthew 11:28-30

*"²⁸ 'Come to me, all you who are weary and burdened, and I will give you **rest**. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."*

Mark Buchanan

“Sabbath is both a day and an attitude to nurture such stillness. It is both time on a calendar and a disposition of the heart. It is a day we enter, but just as much a way we see. Sabbath imparts the rest of God – actual physical, mental, spiritual rest, but also the rest of God – the things of God’s nature and presence we miss in our busyness.”

Walter Brueggeman

“In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods. Sabbath becomes a decisive, concrete, visible way of opting for and aligning with the God of rest.”

Joshua Heschel

“Sabbath gives the world the energy it needs to exist another six days.”

Leviticus 25:1-5

¹ The LORD said to Moses at Mount Sinai, ² 'Speak to the Israelites and say to them: "When you enter the land I am going to give you, the land itself must observe a sabbath to the LORD. ³ For six years sow your fields, and for six years prune your vineyards and gather their crops. ⁴ But *in the seventh year the land is to have a year of sabbath rest, a sabbath to the LORD.* Do not sow your fields or prune your vineyards. ⁵ Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest.

allsaintsworcester

Leisure is what
sabbath becomes
when we no
longer know how
to sanctify time.



allsaintsworcester

Matthew 11:28-30

28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."