

Sabbatical Journey, Week 6

Doing versus Being

Think back to your journey of fasting last week.

How did it go?

What did you learn about your hungers?

Richard Foster suggests in *The Celebration of Discipline* that “more than any other spiritual discipline, fasting reveals the things that control us.” Based on your experience last week, do you agree or disagree?

Do you want to keep it going this week? Why or why not?

Our new focus for this week takes us to the intersection of being and doing. Typically, Sabbath rest emphasizes the being. While we may do or not do certain things in the process, it's aimed at our being with God. However, we live in a world that typically exalts doing over being. Accomplishment in being is much more difficult to measure and affirm. It's typically more internal than external, so more invisible. Yet properly understood and cultivated, being anchors our doing and enhances its fruit and effectiveness.

Read the account of Jesus with Mary and Martha in Luke 10:38-42.

How does this well-known account inform our understanding of being and doing?

What are examples in the life and ministry of Jesus where He prioritized being?

Read Ezra 7:10. *For Ezra had set his heart to study the law of the LORD and to practice it, and to teach His statutes and ordinances in Israel.*

I once preached on this passage the pattern of Know (*study the law*), Be (*practice*), Do (*teach*).

Why is this still a vital pattern for us?

What happens when we get the “Do” in front of the “Know” and “Be”? Why is this destructive?

In a doing world that celebrates and rewards accomplishments, we easily get trapped into the doing treadmill and even our sense of esteem or value is largely, if not completely, determined by what we do. We certainly need to get things done. So what's the problem with this?

Is there a way to cultivate being in doing? How have you or might you keep these in balance?

Do you ever feel that God (or others) like you more if you do more for Him (or them)?

Even if your motive is suspect or heart isn't really in it?

How is being essential to rest/sabbath?

Pick one "do" thing in your week and replace it with something that helps you "be."
(Important! Replace, don't just add more to do. The temptation for many is to make the being time one more thing to do. 😊)

Note the emotions you feel and the result.

What do you learn about yourself and your relating with God? With others?

What needs to happen for you to sustain your "being" and cultivate it as the foundation for your "doing"?