CITY ALLIANCE
CHURCH

Summary
In this sermon, Pastor Nithin continues the "Breathing Room" series by focusing on the ancient practice of Sabbath as a countercultural response to what journalist Derek Thompson calls "workism," the tendency to find identity, purpose, and meaning solely through work and accomplishment. Drawing from Matthew 11, Genesis 2, Exodus 20, and Deuteronomy, heexplains that Sabbath is not just a religious rule but a gift from God, a 24-hour rhythm of stopping, resting, delighting, and worshiping that reminds us we are beloved children of God rather than slaves to productivity. Pastor Nithin challenges the congregation to examine whether they have become like Pharaoh, driving themselves or others relentlessly, and to consider whether they truly trust God enough to stop for a day. He uses real-world examples like Chick-fil-A and B&H Photo to show that Sabbath can coexist with success, while also pointing to the deeper truth that Sabbath ultimately points us to the eternal rest found only in a relationship with Jesus Christ. The sermon closes with an invitation for both believers and non-believers to surrender their burdens to Jesus, who holds the whole world effortlessly in His hands.

Intro Prayer
Heavenly Father, thank You for bringing us together today. As we open Your Word and discuss the gift of Sabbath, we ask that You quiet the noise in our minds and the busyness in our hearts. Help each person in this group to be open to what You want to speak to them personally, not just what they think they should hear. Giv e us honesty, vulnerability, and a
genuine desire to trust You more deeply. May this time together draw us closer to You and to one another. In Jesus' name, Amen.

Ice Breaker
What is one activity or hobby that you find genuinely restful and life-giving, something that recharges you rather than drains you?

Key Verses
- Matthew 11:28-30
- Mark 1:35
- Luke 5:15-16

Questions
- Pastor Nithin described 'hurry sickness' as one of the greatest threats to our spiritual lives. Which of the symptoms he listed (irritability, workaholism, disordered priorities, neglect of health, escapist behaviors, or slippage of spiritual practices) do you most identify with right now?
- Dallas Willard said that hurry is the great enemy of the spiritual life and that we must ruthlessly eliminate it. What does the word 'ruthlessly' bring up for you? Does that feel realistic or overwhelming?
- The sermon pointed out that it was the Holy Spirit, not the devil, who drove Jesus into the wilderness. How does it change your perspective on difficult or quiet seasons to think that God might be the one leading you there?
- Jesus consistently withdrew to the eremos, the solitary place, even as His ministry grew busier. Why do you think our instinct is often the opposite, to do more and rest less when life gets demanding?
- The pastor drew a contrast between isolation and solitude, saying isolation drains us while solitude refreshes us. Have you experienced that difference personally? What did it feel like?
- The story of Dr. Martin Luther King Jr. praying at 3am raised the question of what might have been lost if he had reached for his phone instead of sitting i n stillness. What do you think digital distraction is costing you spiritually right now?
- The sermon offered three practical steps: pick a consistent time and place, plan, and be flexible. Which of these feels most challenging for you, and why?
- Susanna Wesley prayed under her apron while raising 19 children. What is one creative or unconventional way you could carve out even a few minutes of quiet with God given your current season of life?

Life Application
This week, choose one specific time and one specific place where you will intentionally spend time in silence and solitude with God. It does not need to be long. Even five minutes counts. Before that time comes, decide in advance what you will do, whether that is reading a passage of Scripture, journaling, or simply sitting quietly and listening. Write it down on the card provided in the sermon or put a reminder in your phone. At the end of the week, reflect on what, if anything, you sensed God saying to you in that quiet place.

Key Takeaways
- Hurry is one of the greatest enemies of the spiritual life, and a packed, noisy life can slowly erode our peace, focus, and connection with God.
- Jesus, though incredibly busy, consistently withdrew to the eremos (the quiet, solitary place) to pray, and His time with the Father increased as the demands on Him grew.
- Silence and solitude are not about isolation or monasticism. They are about creating intentional space to hear God's voice, gain clarity, and be spiritually renewed.
- Practical steps for cultivating an eremos include picking a consistent time and place, planning for what you will do, and staying flexible when life interrupts.
- The invitation of Matthew 11 is ongoing. Jesus calls the weary and burdened to come to Him, take on His yoke, and find rest for their souls.

Ending Prayer
Lord, thank you for this time together and for the reminder that you are not asking us to figure life out on our own. You have given us an open invitation to come to you, to slow down, and to find rest in your presence. As we leave today, we ask that you would help each of us fight for that quiet place in our lives. When the noise gets loud and the schedule gets full, remind us that you are in the stillness. Give us the courage to step away from the distractions and the discipline to return to you again. May the peace that surpasses all understanding guard our hearts and minds in Christ Jesus. In his name we pray. Amen.