

# THEOLOGY OF REST

Course code: SM020

Course instructor: James L. Anderson

Week	Video	Reading	Written assignments Practical exercises	Discussion Questions
Week 1	Lecture 1. Rest, the Pleasure of His Image	Introduction. Chapter 1: Rest, the Pleasure of His Image p.15-31		What importance was rest given in the home where you were raised? What importance would you like rest to take in your life and home?
Week 2	Lecture 2. Rest, the Pleasure of His Trust Lecture 3. Rest, the Pleasure of His Sabbath	Chapter 2: Rest, the Pleasure of His Trust.  Chapter 3: Rest, the Pleasure of His Sabbath. p. 32- 60		Describe your personal Copernican Revelation. In what ways is your life rotating around God the center of the universe?
Week 3	Lecture 4. Rest, the Pleasure of His Perspective Lecture 5. Rest, the Pleasure of His People	Chapter 4: Rest, the Pleasure of His Perspective  Chapter 5: Rest, the Pleasure of His People. p.61-101		Describe a time when you lost perspective. How did you regain a true perspective? What can help us maintain a proper and true perspective?
Week 4	Lecture 6. Sabbath, a Time to Discover Lecture 7. Sabbath, a Time to Release	Chapter 6: Sabbath-Test, a Time to Discover.  Chapter 7: Sabbath-Rest, a Time to Release. p.105-126		
Week 5	Lecture 8. Sabbath, a Time to Review Lecture 9. Sabbath, a Time to Remember	Chapter 8: Sabbath-Rest, a Time to Release.  Chapter 9: Sabbath-Rest, a Time to Remember. p.127-157	<b>Assignment # 1</b> (journal) Spend at least one hour reviewing your life using the guidelines provided in your textbook. (p.279). Write a brief entry with reflections in your journal.	
Week 6	Lecture 10. Sabbath, a Time to Look Forward Lecture 11. Taking a Load Off Lecture 12. Commuting Between Two Poles	Chapter 10: Sabbath-Rest, a Time to Look Forward.  Chapter 11: Taking a Load Off as God Intends.  Chapter 12: Commuting Between Two Poles, Private Life and Public Life. p.158- 214		On which alter are you most likely to sacrifice your private life? Why? What is your plan for improving your commute between private life and public life.

Week 7	Lecture 13. The Twenty-Third Psalm Lecture 14. Rest, Forgiving as Forgiven	Chapter 13: The Twenty-Third Psalm, a Recipe for Rest.  Chapter 14: Rest, Forgiving as Forgiven. p. 215-252		What verses of the twenty-third psalm and/or aspects of the sermon do you find most challenging?
Week 8	Lecture 15. From Rest to Revival Lecture 15. From Rest to Revival	Chapter 15: From Rest to Revival. Conclusion: From Rest to Revival. p. 253-274		
Week 9	Final Paper "The Significance of Sabbath Rest for Modern Christians"  Final exam Text book response			