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| SERIES | The Rest of the Week |
| BIBLE | Genesis 2:2-3, Exodus 20:8-11. Mark 2:23-3:6 |
| TITLE | #2: Sabbath Design - I am more than I produce! |
| OVERVIEW | We often treat rest from work like an escape from our weekly duty. Many times we even push off rest from work in the claims of busyness! The rhythm of the week that God produces isn't using rest as an escape but establishing rest into our weekly rhythm of life! |
| SCRIPTURE BREAKDOWN | <p>AJ Swoboda in his book "Subversive Sabbath" writes, "Our time-saving devices, technological conveniences, and cheap mobility have seemingly made life much easier and interconnected. As a result, we have more information at our fingertips than anyone in history. Yet with all this progress, we are ominously dissatisfied. In bowing at these sacred altars of hyperactivity, progress, and technological compulsivity, our souls increasingly pant for meaning and value and truth as they wither away, <i>exhausted, frazzled, displeased, ever on edge.</i>"</p> <p>1. SABBATH as RHYTHM – VV.8-10a;11</p> <p>-Exodus 20:8-10 "Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God."</p> <p>-To remember the Sabbath is a call to keep it holy, to set it aside, to make it a priority. We see this outlined through the structuring of this command. Work for 6 days, but the 7th day, that 7th days is to be a Sabbath to the Lord.</p> <p>-This command has to do with how we structure our days. The call for Sabbath is to follow the pattern, the rhythm of the creation week.</p> <p>-V.11 "For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."</p> <p>-In Genesis 1-2 we see this pattern develop. Day 1 - God speaks and creates. Day 2 - God speaks and creates. Day 3, 4, 5, and 6, God works, He speaks and creates! But all of that changes on Day 7!</p> <p>-Genesis 2:1-3 "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God BLESSED the seventh day and made it HOLY, because on it God rested from all his work that he had done in creation."</p> <p>-God only calls one thing HOLY in the beginning of His creation, He blesses the seventh day and made it holy. Why? Because on it God rested!</p> <p>-That's Good! Do you see that? God calls Rest Holy! We've got to celebrate this in an economy built on proving your value in how much you produce, God's word says, you know what's holy? REST!</p> <p>We are to REMEMBER! What is the Sabbath? I like this definition from Pete Scazzero, "The word Sabbath comes from the Hebrew word that means, 'to cease, to stop working.' It refers to doing nothing related to work for a 24 hour period each week. It refers to this unit of time around which we are to orient our entire lives as 'holy' meaning 'separate' from the other 6 days of creation. Sabbath provides an additional <u>rhythm</u> for an entire reorientation of our lives around the living God. On Sabbath we imitate God by stopping our work and resting."</p> <p>2. SABBATH as RESISTANCE – V.10</p> <p>Exodus 20:9-10 "Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates."</p> <p>-It's a day to not do any work! This command is so spelled out that it says this is not just for workers, it's for every member of the household. It's to be a cultural act of resting not in production but in God!</p> |

-This command is spoken to a people who have just come out of slavery in Egypt. Prior to this their whole lives were formed around work. In Exodus 5 we see the pattern of work used from Pharaoh to the Israelites. Exodus 5:16 "Make bricks!" V.17 Pharaoh declares "You are lazy". Exodus 5:19 "You shall not lessen your daily number of bricks." Keep up! Stay in step!

-It was a culture built on relentless work, a demanding production schedule, they were the free workforce and they were abused to work.

-This isn't some ideal that God is carving out, it's a call to come out of this way of life, you are free from the bondage of work!

-Walter Brueggemann writes, "Thus the Sabbath commandment is drawn into the exodus narrative, for the God who rests is the God who emancipates from slavery and consequently from the work system of Egypt and from the gods of Egypt who require and legitimate that work system."

-God is freeing His people from this and calling them into a life of resisting this pattern of a production focused life by remembering the Sabbath.

-Yet we are drawn into work, into giving our lives wholly over to work, because that's what we have been taught. You are only as good as what your vocation is, you are only valued by what you bring in, your production needs to keep up or else you will fail!

Sabbath is an invitation into the freedom that comes from the liberation of God! The call is to remember but the follow up command is to **KEEP IT!** To keep is to do, it's to obey, it's to make it a priority! To participate in it!

-A weekly observance of Sabbath is a cure to the disease of more. It's a resistance from being formed by the culture that says, do more, get more, be more! It's about putting on an identity that doesn't come from how much we produce, but in how we are valued by the creator. KEEP THE SABBATH!

-It's not a withdrawal from toil, but freedom from it!

-Rest is an active resistance against being counter-formed by vocation and work!

-Sabbath is about identifying who you are in God! God rested, so we rest! If we think we don't need rest or that we can get by without it, what we are doing is saying we think we are stronger than God!

3. SABBATH as REST – V.11

-Exodus 20:11 "Therefore the Lord blessed the Sabbath day and made it holy."

-Sabbath is an invitation into rest and that invitation finds its origin all the way from the beginning in God's announcement of blessing the day of rest and making it holy. That's where it starts.

-Sabbath is a marker of relationship with God! It's a call to live into the covenant that God has with His people. It's a marker, an identifier, I'm in relationship with God so I rest.

-We are to have a Sabbath because we need to rest! Rest is an invitation to live into the way of Jesus!

-That declaration in Genesis 2 isn't the only invitation into rest but instead it's announced again in the words and ways of Jesus.

-Famously in Matthew 11:28-29 Jesus invites, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **REST** for your souls."

-This invitation from Jesus finds it's origins back into this rhythm that God establishes, you need rest, find it in God! This invitation is out of the unhealthy rhythm of production, you've got to keep up, you've got to do more, you can't fall behind. It's an invitation into a relationship with the one who is rest! Who embodies rest!

-Walter Brueggemann writes, "Jesus offers an alternative: come to me and rest! He becomes the embodiment of Sabbath rest for those who are no longer defined by and committed to the system of productiveness."

-Jesus the embodiment of rest, invites us into a way of life that continues to find our rest in Him. The reality we face though is that our culture will not cater to this way of life. You won't be encouraged to have a Sabbath by your boss. You won't be empowered to not worry about that e-mail. Work is always going to come for you! Work has this grasp on our lives and it's relentless. If we don't put up boundaries it will always win!
-We need to protect our Sabbath!

GOSPEL

-Sabbath is Life with God! Life resting in God!
-I don't know where you are at with this today but I want to stand here today and declare to you, Take a Rest! Or as the Message puts Matthew 11:28-29 "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."
-Find the Rest you need in the God of Rest!

Psalm 62:1-2

**"Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken."**

NEXT STEPS

How are you making rest a priority in your weekly life?