

living the
sabbath rest...

Sabbath: Entering
God's Rest

Gateways

REST AREA
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Gateways - Sabbath

Destination & Journey

Discipleship is not about the destination, but rather a whole-hearted embrace of the journey



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Rhythm of Rest

- God Designed us with Rhythms
 - demonstrated importance
- God Commanded us to Observe
 - repeatedly, consistently
- God Intended it for our Best
 - not to keep us from something



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1. Jesus and Heart Posture

Matt.12... At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them.² When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.” He answered, “Haven’t you read what David did when he and his companions were hungry?



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⁴ He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. ⁵ Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? ⁶ I tell you that something greater than the temple is here. ⁷ If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent.

A photograph of a road sign that reads "REST AREA NEXT RIGHT". The sign is rectangular with a black border and white text. It is mounted on two wooden posts. Below the sign, there is a small, white, rectangular object, possibly a piece of paper or a small sign, attached to the posts. The background of the photograph shows a road and some trees.

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⁸ For the Son of Man is Lord of the Sabbath.” Going on from that place, he went into their synagogue, ¹⁰ and a man with a shriveled hand was there.

Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?”¹¹ He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out?



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¹² How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.” ¹³ Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. ¹⁴ But the Pharisees went out and plotted how they might kill Jesus.

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1. Jesus and Heart Posture

a) confronted the add on laws

- what actions are ok – what are not
- 1 Sam. 21:1-6 – David & bread
- Intention matters – vs.7

b) confronted serving vs. rest

- difference between rest and idle
- intention & heart the issue
- see also Luke 13:10



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2. License and Law Issues

- Mark 2:27 “Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.”
- Col 2:16 “Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.



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2. License and Law Issues

Reminders

- a) Law is a diagnostic tool
 - reveals truth and consequence
- b) Day is Intended for Blessing
 - can only be found God's way
- c) Careful with cultural lenses
 - see issues through our day



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3. God's Desire

a) Heb. 4:9-13...

There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



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3. God's Desire

a) Heb. 4:9-13...

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.



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3. God's Desire

b) Heb 10:24-25...

And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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Build your practice on Normative

- Allow God to make exceptions...
Normative Sabbath (150 passages)
 - a) rest from labor
 - b) sleep 1st – began in evening
 - c) gathering of the group
 - corporate praise, prayer & Word
 - offering sacrifice of self
 - building up & encouraging



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Build your practice on Normative

d) relationships

- family, others – hospitality

e) alignment

- aware of how to refresh

f) sleep at the end

- finished with physical rest



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Major Barriers

a) lack of intention

- easy to be apathetic

b) lack of belief

- hard to trust

c) rebellion

- unsundered

- I find what works for Me!



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4. Healthy Practice

Isaiah 58:13-14...

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,



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4. Healthy Practice

Isaiah 58:13-14...

then you will find your joy in the LORD,
and I will cause you to ride in triumph
on the heights of the land and to feast
on the inheritance of your father Jacob.”
For the mouth of the LORD has spoken.

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4. Healthy Practice

a) Your Part

- Intentional Choices
- Honor by.....

b) God's Part

- Source of Your Joy
- Revel in Creation & Provision
- Overflow in Relationship



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So What

1. Protect the Heart Posture
2. Develop a Normative Practice
3. Hold To the Truth
4. Begin to embrace with expectance



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