

Rhythms: Sabbath

God's design for humans to have a rhythm of life that develops both physical and internal rest.

Text – Mark 2:23-28

23 One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. 24 And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?”

25 And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26 how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?”

27 And 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.”

Teaching

1. The Sabbath is designed to help people have rest in their lives.
 - a. Where the idea of Sabbath came from:
 - i. It was built into the act of _____ . (Gen. 2)
 - ii. It was commanded of humans in the _____ .
 - b. What the Sabbath could do for people:
 - i. External rest.
 - ii. Internal rest.
 1. It deepens our enjoyment of God.
 - a. Our _____ of God
 - b. Our _____ of God
 - c. Our _____ in God
 2. It deepens our enjoyment of life.
 - a. The goal of Sabbath is hearts at rest!
2. The Sabbath is lived out under the LORDSHIP of Jesus.
 - a. He determines how the Sabbath should be practiced.
 - b. He is the means of the Rest the Sabbath offers.
 - c. WE must labor to live out the principle of Sabbath in our lives. (Heb. 4:9-10)

Living out the principle of Sabbath in our lives?

1. This is a _____ that needs to be obeyed.
2. Our practice of it is not so much about a _____ ,
as having Sabbath built into our week.
3. Our practice of it will always be _____ - _____ .

4. Our practice of it will be nuanced to our own _____ and personal situation.
 5. It will require faith and it will result in _____.
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Deeper Dive

The Sabbath was designed by God to be a blessing that helps us enjoy God and life. Legalism makes the Sabbath into a burden that harms our enjoyment of God and life.

Though the Sabbath was a sign that identified that Israel was special to God (Exodus 31), the Sabbath was given to all humans (Genesis 2).

Is Sabbath day a binding command? No. But, the “principle” of building into your life “rest for spiritual renewal and physical replenishment” is just as foundational as being called to “work and labor and subdue creation” in our humanness. This all comes from the model of God working and resting in Genesis 2. Even if it is not a binding command for a 24-hour day, it is a required principle of life for living a godly life... a fully human life. It is 37% of the wording of the 10 Commandments. It is the only practice commanded in the 10 Commandments. It is a gift!!

Labor to enter God’s into God's Sabbath rest (Hebrews 4:9-11). There is a resistance to enter into the rest.

Reflection & Discussion

- What was something about the Sabbath that was a new thought to you from Pastor Mark’s presentation?
- The Sabbath principle is a gift to help us rest physically (by bringing replenishing change to our daily lives) and rest spiritually (by bringing replenishment to our inner lives). What characteristics do you see are true of you when you are not having physical rest and replenishment?
- What things mark the difference when you are inwardly resting and not inwardly at rest?
- What challenges do you see to practicing the Sabbath principle in our culture and context?
- What is one thing you are hoping to implement to have sabbath in your life and/or family?