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Mens Summit

The Gift of Sabbath

Sermon #31

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### ***Welcome***

What do you worship? Worship, is any intentional action done to glorify something. So I will ask again...what do you worship? Money? Work? Family? Relationships? The superhuman effort you put into fantasy football just to lose every year? Or do you Worship God? I was curious about this idea of worship and talked to Chelsea Mason about it, shes one of our worship directions, youve seen her on sunday mornings. She said this about the heart of worship...

“The reality is, that we will all worship something. We are innately designed for worship, and on this side of eternity, we wrestle with the brokenness of worshipping the wrong thing, but ultimately God’s desire is for us to rightly worship Him. The reality is one day all of creation will recognize who is actually worthy of worship, the question for us as believers is will we take the Lord up on the opportunity to get a head start and give Him the praise He is worthy of now or will we wait for eternity. I think that’s the true wrestling for all of us on this side of eternity.” - Chelsea Mason

This morning I want to tell you about a lost treasure of worship. I want to tell you about an overlooked, underused, unappreciated and frankly FORGOTTEN way to experience a taste of eternity today, sabbathing. And in the spirit of sabbath there are no slides, no handouts, just a conversation between brothers. So sit back, relax, sip your coffee, take in an element of Christ’s call and God’s heart that I think you may have forgotten.

## What is Sabbath?

Sabbath is a day spent resting & worshiping (not spending, working, or selling)

**Genesis 2:3** - Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

**Deuteronomy 5:15** - Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

**Application:** We have a tendency to make excuses to not rest, stop running from rest. When we refuse to rest we tend to run into problems! Think about the times you're most anxious, you're almost always in a hurry or operating off of little rest. Now think of the times you've been most patient, most calm, and most reasonable...I'd bet those are during times of rest! It's no wonder the command to rest falls in the middle of the 10 commandments. 1-3 is between us and God, 4 is sabbath, 5-10 are us and other people. Sabbath anchors! When we operate from a Sabbath mindset we naturally don't upset the way things should be because we are rested in Him! So when I ask what is sabbath? The answer is it is a GIFT from God, to us, for our benefit, and for His glory. So then you might ask...well John why is it that whenever we see Jesus talk about Sabbath in the gospels he is yelling at people?? Well, the answer to that is found in the same set of verses...so what does Jesus think about Sabbath?

#### 4 - What does Jesus think about Sabbath?

#### 5 - Sabbath was made FOR US!

**Mark 2:28** - Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

**Application:** The reason we see Jesus get so mad at the Pharisees over sabbath isn't because they are doing it...it is because they are doing it wrong! They made it all about rule following and nit picking and seeing who could do all these extra things to make themselves feel better...they made sabbath about how much they could get away with...they made sabbath about humiliating others who weren't as good as them...even today in israel they make sabbath for themselves and PAY (elevators) foreigners to work for them! They literally made sabbath about EVERYTHING other than simply RESTING and ENJOYING and TRUSTING GOD.

They took one of his greatest gifts and turned it into one of the heaviest chains of their self righteousness. How would you feel if someone threw away a gift you'd gotten them? Why do we throw away such an amazing gift from God? THAT is why Jesus gets so upset! He knows how beautiful of a gift sabbath is and so he becomes upset to see it so poorly treated.

That's the characteristic of Christ we should follow here people...a JOY in the GIFT of Sabbath! And we should be upset when we destroy a gift God has given to us. SABBATH...is still a gift! Look at the 10 commandments...are any of those no longer applicable? Why do we treat sabbath like it's the only one of the 10 we DON'T have to take seriously when it acts as the linchpin of all of them??

6 - Does the New Testament get rid of Sabbath?

7 - It gets rid of the set day, but not the principle

**Romans 14:5** - One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.

**Colossians 2:16-17** - 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. These are a shadow of the things that were to come; the reality, however, is found in Christ.

**Application:** Sabbath is about ENJOYING our FREEDOM in Christ! Not freedom from things of righteousness but freedom TO them! We should be able to enjoy sabbath now more than we ever have! And it's not about a certain day...it's about the mindset. It's about the heartset. Paul isn't saying they dont matter...he's saying holding on to a DAY doesn't matter. But holding to the gift that God has given which is experienced to its fullest in Christ MOST definitely DOES matter!

## 5 - Sabbath is a Gift Because it Brings Rest & Renewal

**Deuteronomy 5:12-14** - Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 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, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.

**Application:** Our American culture pushes us at FULL FORCE 24/7...we rest and renewal and God has ALWAYS known that about us. Peter says we “Walk in HIS example.” Are you busier than God? NOPE, take a break!!! This is the only DAY the Lord blessed...why would we not want to be a part of that?

Well IF ONLY you knew my schedule IF ONLY you knew my situation at work IF ONLY you knew what my family was like...Doesn't God know?? And hasn't He already said?? This is not a question of who is busier...this is a question of who is obedient. **And men, if you are a father**...the weight is on YOU to lead your family Spiritually as Christ leads and serves the church. Are you leading your family into Sabbath as Christ has led the church???

This is the gift of REST and RENEWAL! We rest from all the things that stress us out...and we are renewed because all the anxiety of the week catches up to you AND guess what...it washes away. It's always okay, and you realize you don't have to run from the worries of the world when you're rest in the arms of the ruler of the world! He renews us with His perfect rest! Jesus knew this SO well! That is why He goes off to quiet places to spend time resting with God, sabbath was a heart set for him AND a day and look what He accomplished WITH rest! Because of rest!

## 6 - Sabbath is a Gift Because it Anchors us in Contentment & Hope

**Hebrews 4:8-11** 8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

**Application:** THIS is heaven on earth! We literally get to experience a part of eternity each week! When we enjoy sabbath and when we rest we become filled with hope because it is so sweet and it is just a TASTE of what is to come!

## 7 - Sabbath is a Gift because it Allows us to Grow in Reliance upon God

**Exodus 20:19-20** - I am the Lord your God; follow my decrees and be careful to keep my laws. Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the Lord your God.

**Application:** The way we KNOW He is good is because Sabbath teaches us that everything will be okay because we rest on the arms of the God who rules everything. We let go of ourselves and cling to Him! Levi rests best when He is held...not when he is working hard. We should all take a page from his book and rest in the arms of our God! Was God tired when He rested after creation? Did He run out of energy? NO. His rest was a proclamation of His sovereignty! HE is SO powerful He can do NOTHING and everything will be in order. His sabbath rest declared His sovereignty over His creation...OUR sabbath rest declares His sovereignty over our lives!! You can never say you've surrendered if you're still holding onto your weapons and your own means of liberation! SURRENDER and let it be a sign between you and your God that HE is sovereign and that HE reigns!

**(next)**

## **Close**

So what? My hope is that tonight you see the value that God has on Sabbath. Jesus understood how valuable it was and that's why he became so upset when people devalued it to just rules and power dynamics and finding loop holes to justify themselves. My question is do you look at resting the way Jesus does or the way the pharisees did? Do you see Sabbath as a gift designed to pull you closer to God? Do you see Sabbath as the gift that allows us to literally have a peace of heaven on earth? I pray that you each take time to consider what Sabbath rest would truly look like in your life. That's my challenge for you tonight. Take time this week to plan a time to really rest, make it intentional, and see God bless your Sabbath day.

### **Here are some tips to start**

- Choose a day of the week
- Plan out how you will make it more special than any other day
- Start the day with prayer or scripture reading (or church!)
- Don't be afraid to let the anxiety of the world catch up with you
- ONLY do what you want to do in mindfulness that God has given it to you
- Hold off on buying or selling things...focus on contentment
- Hold off from anything that even feels like "work" unless it's a TRUE emergency
- DON'T just veg out...maybe limit electronics/phone time
- Spend time with people who you find restful
- ENJOY IT!

### **DQ's then Q&A after 15/30 minutes**

- 1 - What was the most relaxing vacation you ever went on?
- 2 - What stops you from sabbathing?
- 3 - How will you start sabbathing?