

Series: "THE WEARY WORLD REJOICES"
Part 2: "WHEN YOU NEED REST"
Crossroads Community Church
December 18, 2022

¹⁰ But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. ¹¹ Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.
Luke 2:10-11 (NIV)

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest.
Matthew 11:28 (NIV)

A sabbath is a day where you don't have to _____, that's devoted to _____ and enjoying _____

Three Reasons We Don't Practice a Sabbath

1. We think _____
2. We don't know _____
3. We think we know _____

²³ One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"

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."
Mark 2:23-24, 27-28 (NIV)

4 Reasons the Sabbath is a Blessing, not a Burden

1. The Sabbath is a _____

² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 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.
Genesis 2:2-3 (NIV)

2. The Sabbath helps us overcome _____

⁹ 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.
Hebrews 4:9-10 (NIV)

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest
Hebrews 4:1-3a (NIV)

3. The Sabbath is a picture of _____

4. The Sabbath is a foretaste of _____

How to Enjoy God More

1. Learn to _____ on God's Word
 - See *Spiritual Disciplines for the Christian Life*, Donald S. Whitney, chapter 3
2. Practice experiencing Jesus' _____
 - See *Resilient*, John Eldredge, chapter 8
3. Develop a spirit of _____
 - See *The Ruthless Elimination of Hurry*, John Mark Comer