

# Self Propelled Discipleship

## Part 4 | Sabbath

### 5-2-2021

*Point: Refreshing is experienced through the Biblical practice and commandment of Sabbath.*

## **BUMPER VIDEO**

## **PRAYER**

## **Self Propelled Discipleship - Week 4 Sabbath**

Hurry is the enemy of spirituality in our modern life... you must ruthlessly eliminate hurry from your life. - Dallas Willard (to John Ortburg)

## **We lack in:**

- **Rest** (we are exhausted)
- **Delight** (we are not present to engage our surroundings)
- Like a skin burned over - lack of sensation & sensitivity
  - hurt →
  - wound →
  - scar tissue →
  - lack of sensation

Current Culture - Take Counter Cultural ways of living more seriously

## **1. The Sabbath is Holy (other-worldly & set apart)**

**Exodus 20:11** For in six days the LORD made heaven and earth, the sea, and all that in them is, **and rested** the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

## **History/Meaning of Biblical Sabbath**

- **Genesis/Creation** → (rest & delight)
  - God created, then rested & delighted
  - God didn't *need* to rest, He set a *pattern* of rest
- **Fall/Slavery** → (never stop)
  - work from the dust of the earth
  - Egyptian slavery forced to *work without rest for 400 years*
  - **Deuteronomy 5:12-15** “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. **13** Six days you shall labor and do all your work, **14** 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. **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.
- Exodus → **Establish Nation** → Institute SABBATH
  - “Teaching a ‘never stop working people’ to Sabbath: stop & delight”

**The people were in need of rest, both in ceasing from hard work (shabbat) and being present together with God (nuakh).**

- **Shabbat** (shab-bot) - to stop
  - To stop
- **Nuakh** (noo-ahk) - to settle in
  - To be present - DELIGHT
  - God created, stepped back & called it GOOD!
- Jesus ushered in the promise and reality of both.
- **Genesis 2:2-3** By the seventh day God had finished the work he had been doing; so **on the seventh day he rested [sabat] 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.
- **Exodus 20:11** For in six days the LORD made heaven and earth, the sea, and all that in them is, **and rested [nuakh]** the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

- a day to stop producing and be present - rest & delight
- Manna - Trust
- Manna x2 - Preparation day

## **Exodus 23:12**

For six days you are to do your work, but on the seventh day you must cease, so that your ox and your donkey may **rest**, and the son of your maidservant may be **refreshed**, as well as the foreign resident.

Rest - Stop

Refreshed - Be Present/Delight

Sabbath is the single most important building block of living a Jewish life according to... pretty much everyone. - Bimbam (“dedicated to demystifying Judaism”)

## **2. Sabbath is not an issue of convenience, it is an issue of counter cultural spirituality** [discipline]

### **We do inconvenient things when they are vital**

- Sleep
- Eat
- Workout
- Pizza 3 times a day because I am busy
  - No because you ate pizza 3 times a day

I am not a machine, you are not a machine.

- This is way bigger than a day off or a hobby.
- This is about **trusting God** & **obediently ordering life** in a way that is truly life...

## **Exodus 34:21**

**21** “Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.”

## **Exodus 16:15-27**

15 When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was. Moses said to them, “It is the bread the Lord has given you to eat. 16 This is what the Lord has commanded: ‘Everyone is to gather as much as they need. Take an omer for each person you have in your tent.’” 17 The Israelites did as they were told; some gathered much, some little. 18 And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed. 19 Then Moses said to them, “No one is to keep any of it until morning.” 20 However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them. 21 Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. 22 On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. 23 He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’” 24 So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. 25 “Eat it today,” Moses said, “because today is a sabbath to the Lord. You will not find any of it on the ground today. 26 Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.” 27 Nevertheless, some of the people went out on the seventh day to gather it, but they found none.

### **Exodus 16:28-30**

28 Then the Lord said to Moses, “How long will you refuse to keep my commands and my instructions? 29 Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” 30 So the people rested on the seventh day.

### **Religion or Restoration?**

- For the Pharisees, the Ten Commandments provided great restrictions punishable by death. For Jesus, the Law outlined great freedoms that led to real life.

### **Jesus - Sabbath is made for mankind, not mankind for the sabbath**

- **Mark 2:24-28:** The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” **25** He answered, “Have you never read what David did when he and his companions were hungry and in need? **26** In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his

companions.” 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.**”

### **Isaiah 58:11-12**

11 The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. 12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. 13 “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, 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.

**His commandments are FOR us  
Our obedience is FOR our benefit**

### **LEGALISM VS BLESSING**

1 John 5:3

This is the love of God, that you keep his commandments and his commandments are not burdensome.

**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.**”

**This is COUNTER CULTURAL**

**This is SPIRITUAL WARFARE**

Sabbath is not an issue of convenience, it is an issue of counter cultural spirituality

### **3. Sabbath is about practice not perfection**

**It isn't legalism so you can't succeed or fail at this.**

**You either practice or you don't**

- “it doesn’t work for me”
- “I’m not good at this”
- “I have young kids”
- JUST - show up and rest before God
- Rest is counter culture

**It is hard for the enemy to wreck, ruin and destroy the life of people who are resting, fully present to the moment, emotionally healthy and happy in God.**

- anger
- sabotage of relationships

- Keep at it!
- Don’t give up

## **PRACTICING - JESUS THE ULTIMATE REST**

- **Jesus IS the ultimate rest - we PRACTICE HIS REST**
- **Matthew 11:28:** Come to me all you who are weary and burdened and I will give you rest for your souls.
- Is. Captives & Slavery released - this is the year of the Lord’s favor.
- He is claiming He is the year of Jubilee
- He is claiming He is the Lord of the Sabbath
- He is claiming the Sabbath was for man, not a law required of man
- **Luke 4: 18-19** “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.”
- Jesus raises on the 8th day
  - A new cycle

For the Pharisees, the Ten Commandments provided great restrictions punishable by death. For Jesus, the Law outlined great freedoms that led to real life.

**ILL. Use what you’ve been gifted (Radio)**

- **Matthew 5:17:** “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.
- **Mark 2:24-28:** The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” **25** He answered, “Have you never read what David did when he and his companions were hungry and in need? **26** In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” **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.”**

## **HOW DO WE PRACTICE SABBATH?**

### **4 practices - over a course of 4 weeks (John Mark Comer)**

- **Exercise 1: Set a day/time period**
  - Stop working
  - Rest
  - Delight - curate joy

Dallas Willard Sabbath Training: “Do nothing. Don’t try to make anything happen.”

### **ILL. Drop it**

- Dog playing fetch has to drop the ball if the master is going to throw it out again

### **The FIRST day of life for mankind was REST.**

- (man made on day 6)
- Human being not a human doing.
- We are humans not machines.
  - Worship - center your soul in gratitude, satisfaction and love
  - a full 24 hours is ideal, but start where you are
  - Have a **beginning ritual and end ritual** - Transition
  - Light two candles, read a psalm, prayer
    - - What is restful for me?
    - - What brings me an easy delight?
    - - What is a worshipful way I connect to God?
- **Exercise 2: Establish a Preparation day**

- To take a full day to stop, rest and delight takes some preparation
- House work
- Food
- **Exercise 3: Define your relationship with tech (digital detox)**
  - Obviously Bible doesn't talk about iphones
  - Principles are there -
  - Turn your phone off or limit use
  - John Mark Comer - all devices off
  - No social media
  - Check texts a few times a day
  - Video chats can be fulfilling, etc.
  - Movies?
  - Withdrawal symptoms (like a drug)
    - Anxiety
    - Ghost reach for phone
    - It will pass
  - Note: If you think this is legalistic or far too impractical, I simply encourage you to try it for a few weeks. Ideally, try it for a full month, as it takes a while to get over the dopamine addiction we have to technology. If after a month, you don't feel a marked increase in love and joy and peace in your emotional health and spiritual life, feel free to try something else.
- **Exercise 4: Cultivate a patterned attention to God**
  - A few times each day to pause & pray
  - morning, noon, night (3)
  - Not just a day off to chill
  - A day to "settle in" with God

## **Sabbath**

### **Isaiah 58:11-12**

11 The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. 12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. 13 "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, 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.

Sabbath is a Made Space For Refreshing - but you have to practice it!

### **Hebrews 4: 9-11**

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. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

- They heard the word **but didn’t put it into practice**. They didn’t experience the promise.

### **CLOSE**

It's time for us to learn - To Practice  
Its not a law, its a gift  
Rest & Delight

### **PRAY**

### **SPIRITUAL IMPARTATION | BELIEVERS ALTER CALL**

- God speak to each heart what they needed to hear today
  - What did you hear?
  - What do you need to do this week because of it?
- Text “Element” to 97000
- or link to next steps form: <https://tinyurl.com/yd3buyt9>
- **BAPTISM box on form**