

## Sabbath Part 5 – Solitude & Sanctuary (6-30-2019)

### 1) Solitude – Worship in Private Devotion (Learning from Jesus to Pray in the Desolate Place)

#### Luke 5:15-16 (ESV)

(15) But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. (16) But he would withdraw to desolate places and pray.

**Note:** Jesus' life & ministry was interwoven with solitude & prayer

#### Examples of Jesus getting away to pray . . .

- Early in the morning

#### Mark 1:35 (ESV)

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

- After a long, demanding day

#### Matthew 14:23 (ESV)

And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone

- Before making crucial decisions

#### Luke 6:12-13 (ESV)

(12) In these days he went out to the mountain to pray, and all night he continued in prayer to God. (13) And when day came, he called his disciples and chose from them twelve, whom he named apostles

- Jesus invited his friends into this kind of prayer life (here and the garden of gethsemane)

#### Luke 9:28-32 (ESV)

(28) Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray. (29) And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. (30) And behold, two men were talking with him, Moses and Elijah, (31) who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem. (32) Now Peter and those who were with him were heavy with sleep, **but when they became fully awake they saw his glory** and the two men who stood with him.

**Note:** When we press through the physical obstacles, we become fully awake and see his Glory!

Their next response is often our response – they wanted to stay right there and build houses to capture and stay in this moment.

Don't worship the Rest & Solitude itself. Worship the God you meet in solitude and let Him reveal His glory and lead you to participating with him in life.

- **Jesus looking for solitude** (exhausted & hurting – just learned of the execution of John the Baptist)

#### **Mark 6:30-34 (ESV)**

(30) The apostles returned to Jesus and told him all that they had done and taught. (31) And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. (32) And they went away in the boat to a desolate place by themselves. (33) Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. (34) When he went ashore **he saw a great crowd, and he had compassion on them**, because they were like sheep without a shepherd. And he began to teach them many things.

**Note:** Jesus didn't get away to pray in order to "escape" people, but rather his heart was for people. Prayer, Solitude, and Rest were essential for him to be able to love people well.

We should always live out of our Theology . . . Jesus certainly lived out His.

#### **Jesus' Yoke: The anchor point of His life, ministry, and the very heart of the Word of God:**

#### **Matthew 22:36-40 (ESV)**

(36) "Teacher, which is the great commandment in the Law?" (37) And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. (38) This is the great and first commandment. (39) And a second is like it: You shall love your neighbor as yourself. (40) On these two commandments depend all the Law and the Prophets."

**Sabbath Worship** allows this mindset and lifestyle to become a rhythm of our life:

- Private Devotion with the Lord, and . . .
- Family gatherings with the people we are called to love.

#### **2) Sanctuary – Worship in Family Gatherings (Practice the presence of Jesus in loving community)**

**Jesus lived this with his disciples** – Campfire conversations, Meals, Prayer, Worship, Serving, etc.

**And as His followers adopted this same approach to life together after his ascension . . .**

#### **Acts 2:42-47 (ESV)**

(42) And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. (43) And awe came upon every soul, and many wonders and signs were being done through the apostles. (44) And all who believed were together and had all things in common. (45) And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. (46) And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, (47) praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

**Note:** In our church context – our normal rhythms of Sabbath Worship are Sundays and Life Groups!

### Sabbath Community:

- It's beautiful – loving, caring, and generous community life
- It's inconvenient; therefore it's sacrificial
- It's counter-cultural (and counter to our self-centered lives)
- It's life-changing (for us and our community)

### Hebrews 10:24-25 (ESV)

(24) And let us consider how to stir up one another to love and good works, (25) not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

**Notes:** Don't neglect gathering – it's easy to do! You are essential – people need your presence & encouragement, you have something to bring!

- The church needs you!

### Ephesians 5:18b-21 (ESV)

(18) . . . be filled with the Spirit, (19) addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, (20) giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, (21) submitting to one another out of reverence for Christ.

**Notes:** We practice the presence of God (be filled with his spirit), as we gather. Notice we aren't just singing to God, we are singing to each other. Not only do we have something to bring, we need to receive!

- You need the church!

### Colossians 3:16 (ESV)

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

**Notes:** We need to be rich in the Word. So, gospel-centered relationships are essential, & produce gratitude!

- Sabbath Worship is rooted in the Good News, & we need it because thankfulness isn't normal.
- **Gratitude and Joy** is an un-natural response to the world we live in. You could even say it's a supernatural response!

**Conclusion:** God's Gift to us is **Sabbath Rest**. May we learn to receive that rest from Him by consistently practicing **Sabbath Worship** in both Solitude & Sanctuary.

**Communion:****1 Corinthians 11:23-25 (ESV)**

(23) For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, (24) and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." (25) In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

**Note:** When we gather for communion we Remember the sacrificial love of Jesus

3 ways we Remember:

- 1) Reflect
- 2) Repent
- 3) Rely

**1 Corinthians 11:28 (ESV)**

Let a person examine himself, then, and so eat of the bread and drink of the cup.