

Life Hacks: 24/6 - Exodus 20:8-11

Pics: Food Edition

Life Hacks – Spiritual Disciplines

Disclaimer:

- Many of them; takes time and effort; can't just master one

TODAY's Message: 24/6

Ask: How many minutes in an hour, hours in a day, days in a week?

What if I told you, God gave us a Life Hack that says stop doing 24/7, and start doing 24/6?

Sabbath

The word "Sabbath" (שַׁבָּת, *shabbath*), which means "cease," "rest," "complete rest," or "desist," is found in every section of the biblical texts. Forms of the word שַׁבָּת (*shabbath*) occur 104 times in the Old Testament.

The concept of the Sabbath was modified over time. In the **Old Testament**, Sabbath began as a holy day for God, which included cessation from secular work. During the

Intertestamental period, the Sabbath gained a legalistic tone, and came to include detailed aspects of observance. During the **New Testament era**, Jesus addressed and clarified the meaning of the Sabbath.

Mark 2:27: *“The Sabbath was made for man, not man for the Sabbath.”*

The Sabbath proclaimed at creation was intended to serve mankind as a holy day, giving blessing, and observing God’s rest/restoration.

Babcock, B. C. (2016). [Sabbath](#). In J. D. Barry, D. Bomar, D. R. Brown, R. Klippenstein, D. Mangum, C. Sinclair Wolcott, ... W. Widder (Eds.), *The Lexham Bible Dictionary*. Bellingham, WA: Lexham Press.

Sabbath, might be the Spiritual Life Hack that is most often overlooked, dismissed

- No time for it (busyness)
- Fall Behind
- Not Practical
- Not Good Work Ethic (It’s laziness, nobody wants to work!)

How do I know it’s important?

Genesis 2:1 ESV (GOD DID IT)

Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his

work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Luke 5:15-16 CSB (JESUS DID IT)

But the news about him spread even more, and large crowds would come together to hear him and to be healed of their sicknesses. ¹⁶ Yet he often withdrew to deserted places and prayed.

I love how this verse says that Jesus not only withdrew after serving, but also did it “often”.

So really, my general rule of thumb is that if God and Jesus does it—It’s important! (A Commandment)

If the creator of space and time needed a break—why do you think you don’t?

The “Myth” of Balance – I don’t think it’s possible, in fact I don’t believe we were created that way. You and I are not compartmentalized, so achieving that same status in our daily lives will always be a struggle.

I believe we need to seek Healthy RHYTHM

IL: Rhythm is all about PACING

Songs – fast, slow, stop

Movies – can make or break a great film

Dancing – You can tell when rhythm is “missing”

Practicing SABBATH is about maintaining the Healthy Rhythm God has set for us

(3 Words)

1. REMEMBER

It’s interesting, keeping the sabbath is the only commandment of 10 that begins with “Remember” is on sabbath—like we’d forget...because we do.

Exodus: 20:8-11 ESV

Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, **and rested on the seventh day.** Therefore the LORD blessed the Sabbath day and made it holy.

REMEMBER: Intentional – Scheduled – Consistent

The sabbath isn't a certain day that is "Holy" (SUNDAY) – Pastors don't usually get Sundays to "sabbath"

What makes it holy is the "setting apart" as an act of worship.

Worship Definition: "Recognizing who God is, and responding accordingly."

"The secret to a lifestyle of worship: doing everything as if you were doing it for Jesus. Take your everyday, ordinary life—your sleeping, eating, going to work, and place it before God as an offering. Work becomes worship when you dedicate it to God and perform it with an awareness of His presence." – Rick Warren

IL: Our Sabbath – Saturday, others – Midweek, or 12 hours on two days back to back

Can't do a full 24 hours? Try 6, 8 or 12...

Might mean getting creative (working around kids, jobs, etc)

Illuminate Sabbath Sunday – "complete rest," to REMEMBER who God is, and respond accordingly

Remembering to “Desist”, receiving his blessing and remembering to:

2. REST

Every Spiritual Life Hack “WORKS” because they force us to place ALL our weight on God:

Reading Scripture – God knows more than me

Prayer – God cares and listens to me

Worship – God is GREATER than me

Communion – God LOVES me more than anything

Obedience – God knows what’s best for me

Sabbath – God’s mercy is new for me EVERYDAY
I’m not just required to STOP, I am ALLOWED to STOP.

I acknowledge my dependency on God’s commands because he is God, and He KNOWS what I need.

Psalm 46:10 ESV

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!

Be Still meditative practice from Eugene Peterson to help come to rest:

Be still, and know that I am God.

Be still, and know that I am.

Be still, and know that I.

Be still, and know that.

Be still, and know.

Be still, and.

Be still.

Be.

Just BE with GOD and REST in KNOWING he's told you to PAUSE your Rhythm.

Mark 6:30-31 CSB

The apostles gathered around Jesus and reported to him all that they had done and taught. ³¹ He said to them, "Come away by yourselves to a remote place and rest for a while." For many people were coming and going, and they did not even have time to eat.

You might be able to go an extended period of time with rest—but it will catch up with you someday. And you will have no choice but to rest...

Remember, Rest...

3. DELIGHT (enjoy—treat yo'self!)

Isaiah 58:12-14 CSB

Some of you will rebuild the ancient ruins; you will restore the foundations laid long ago; you will be called the repairer of broken walls, the restorer of streets where people live. ¹³ “If you keep from desecrating the Sabbath, from doing whatever you want on my holy day; **if you call the Sabbath a delight**, and the holy day of the LORD honorable; if you honor it, not going your own ways, seeking your own pleasure, or talking business; ¹⁴ **then you will delight in the LORD**, and I will make you ride over the heights of the land, and let you enjoy the heritage of your father Jacob.” For the mouth of the LORD has spoken.

Enjoying the Sabbath means enjoying your relationship with God!

It's supposed to be fun!

IL: Hebrew fathers would give their kids a spoonful of honey on the sabbath so they would associate the “sweet” with enjoying the sabbath.

We do “**Slushy Sabbath**” for this very reason!

Cease all things that do not “fill you” with delight in the Creator.

Establish Boundaries

- no mobile work (email, texting, etc)
- no “un-filling” chores (you can define that)
- no excessive busyness

DO the Things that Fill you with delight

- enjoy relationships
- hobbies
- exercise
- sleep
- food

GOD MADE the SABBATH for you—because He knew you would NEED it.

BE STILL AND KNOW...

Video: Alisa Turner Psalm 13

Prayer

HUDDLE DISCUSSION

What drains you? What fills you with delight in God?
Be real, what does the sabbath look like for you? What needs to be changed or continued?
Conclude by praying with one another.