



**Sermon Series:** Trouble, Part 4

**Sermon Title:** The Art of Rest: Embracing God's Gift in a Busy World

**Date:** 3/5/2023

In the bible, God established the Sabbath from the beginning of Time - **Genesis 2:2-3**. We then see that he, later on, establishes a law in which the Sabbath was meant to be practiced- **Exodus 35: 1-2**

Paul brings about a seemingly new insight about the Sabbath that seems far less strict than previous words on the Sabbath - **Colossians 2:16**

And the Gap between these streams of thought is where our key passage comes in for today, really revealing the heart behind why God established the Sabbath: **Mark 2:27-28**

**Big idea: Receive the Gift of the Sabbath**

We're going to look at two reasons why the Sabbath is a gift:

**Reason 1: The Sabbath was made for man, not man for the Sabbath**

**Mark 2:23-24**

The disciples were picking grain on the Sabbath because they were traveling and they were hungry. So, if they weren't working, what law did the Pharisees try to catch Jesus breaking?

Well, it was picking some heads of grain on the *Sabbath*. They likely would have pointed to Exodus 34:21. Even though Jesus and his Disciples were harvesting food to eat, the Pharisees saw them breaking the law by "harvesting." In this context, that word means working, which again was against the law, according to their interpretation.

The spirit of the law with respect to human need took priority over its ceremonial regulations. **Mark 2:25-28**

In this passage, we see Jesus appealing to a precedent set by David; he shows them that in a situation like this, God would rather his people be fed than starve. **Samuel 21:1-6**

It's important to remember Jesus' words "those who were with him" and "in need" because they are key elements in this incident - because it pointed to a direct correlation between Jesus' situation and David's. So Jesus used David's actions which God did not condemn, to show that the Pharisees' narrow interpretation of the law blurred God's intention.

The Sabbath is not meant to be a looming burden over you. The Sabbath is meant to be a day of rest and restoration.

## **Reason 2: The Sabbath is a day of restoration**

**Mark 3:1-6**

Jesus allows the Pharisees to correct their outlook on the Sabbath.

### **1. Seek God's will in the Sabbath**

- a. We know that from the moment he encounters this man with a withered hand, he is being judged by the Pharisees, yet Jesus restores life to the man in need.
- b. Some of us withhold the opportunities God has placed before us because we're afraid of what others might think. As Paul echoes in **Galatians 1:10**

### **2. Keep your eyes open for opportunities to restore life in others**

- a. We also see that Jesus did heal this man. Although the Pharisees may have seen this as a Job, to Jesus, this was nothing like that.
- b. When you take your Sabbath, guard it, and don't burn yourself out, but also, if God presents you with an opportunity to bring healing into someone's life, don't say no just because it's your day off.

### **3. See the Sabbath as a day of restoration**

- a. Jesus takes this opportunity to restore this man's hand and sets the tone for the day of rest. The day of rest is a day of restoration.
- b. If you and your family don't yet have a day where you rest, implement one this week. It's not something that will come easily. You'll have to prepare for it. Make sure you get all your work done before the day

comes so that when it does, you can be present with your family and available for an opportunity that God may present to you.

### **Discussion Questions:**

- What about the sermon stuck with you this week? What part challenged your thinking?
- Why do so many people struggle to take a weekly day of rest?
- Do you take a Sabbath day?
- What advice would you give someone who has difficulty establishing a rest day?
- What positive or negative consequences come from maintaining a Sabbath day?
- What activities do you like to do on your day of rest? How is that different from your weekly activities?