

#1 - INTRODUCTION

I. Media

VIDEO - "Mr. Bean Snickers"

II. Setup

1. Are We Too Busy?

- (1) Growing up in my grandmother's house
- (2) Now that the school year is almost over, sabbatical around the corner, I will be taking a look at the way our lives are organized
 - i. It can be a complicated balancing act for our kids, as some days end up overstuffed, some logistically impossible, some wide open. Still, compared to when we were children, the opportunities they get to sample on a weekly basis is mind-blowing.
 - ii. There's only one problem: To absorb the conventional wisdom in parenting circles these days, we're now learning is having major consequences and destructive to their long-term well-being.
 - iii. A consensus has been emerging that a subset of hard-driving, Ivy-longing parents is burdening their children with too many soccer tournaments, violin lessons and cooking classes.
 - iv. A small library of books has been published with names like "The Over-Scheduled Child," "The Pressured Child," "Pressured Parents, Stressed-Out Kids" and so on.
- (3) Overscheduled kids:
 - i. According to research, most kids who are overscheduled have parents from an educated, higher income bracket—and they tend to be girls.
 - ii.

2. Are You Too Busy?

- (1) What about you?
- (2) Signs:
 - i. You never see them just doing nothing
 - ii. Nothing seems appealing to them anymore
 - iii. Grades are dropping
 - iv. Your car has become a member of the family
 - v. Moody
 - vi. "We're really busy/tired is the primary objection to community"
 - vii. Your calendar makes you anxious

Ecc. 2:18-26 - {Read from Bible}



#2 - AN UNDERSTANDING OF REST (Hebrews 4:1-11)

I. Rest Is A Promise (v1)

1. rest (does not) = tired

Gen. 2:2 - "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."

(1) God did not "need" to rest

(2) rest = shabbat = to cease or stop

(3) He didn't merely rest on the 7th day, He stopped creating. An intentional work stoppage.

2. How did God use His rest?

(1) Looked at His work at declared it "very good"

(2) God created intentional margin, to be both attentive to and acknowledge His finished work.

3. v1 - Rest is the promise as the result of the fall

II. Rest Is A Person (v2-5)

1. The promise of rest is fulfilled in a person, Jesus.

Matthew 11:25-30 - "At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

2. s

III. Rest Is The Message (v6-11)

1. v10 - We are meant to rest from our work as God has rested from His.
2. Rest To The Masses
3. Rest To Our Children

Deut. 11:18-21 - "You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise. You shall write them on the doorposts of your house and on your gates, that your days and the days of your children may be multiplied in the land that the Lord swore to your fathers to give them, as long as the heavens are above the earth."



#3 - A LEGACY OF MARGIN (Luke 10:38-42)

I. (v38) Margin Is Intentional

1. Intent Is Not Intentional

James 1:22 - *"But be doers of the word, and not hearers only, deceiving yourselves."*

2. Busyness masquerades as:

(1) Hospitality

- i. no margin because of people

(2) opportunity

- i. no margin because of FOMO

(3) productivity

- i. no margin because of justification

3. Reverse Engineering

II. (v39) Margin Is Concerned With Engagement and Listening

1. Margin becomes boredom

(1) Margin is not passive

(2) Overscheduling is what actually produces boredom

(1) "By the time they reach high school, they are bored and burned out," says Alvin Rosenfeld, MD, former head of child psychiatry at Stanford University and author of *The Over-Scheduled Child*. "And it's because their parents have the well-meaning idea that the right way to parent is to overschedule them, with hopes of keeping them busy, active, and out of trouble." But what happens? By age 13, statistics show, three of every four children who participated for several years in organized activities have permanently shelved their cleats, Scout uniforms, or music books.

(2) "But they're also bored for another reason: They have grown up going from one structured activity to another that they have come to expect that they will be entertained and occupied all the time...They have never learned to use their inner resources to keep themselves busy. Their parents often put them in these activities so they'll have fun and friends to play with. But it's good for growing children to sometimes be alone, so they can work out things for themselves. In fact, it's important."

2. Why we need margin:

(1) Engage and listen to our heart

Acts 20:28 - *"Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood."*

(2) Engage and listen to our family

Deut. 11:18-21 - *"You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall teach*



them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise. You shall write them on the doorposts of your house and on your gates, that your days and the days of your children may be multiplied in the land that the Lord swore to your fathers to give them, as long as the heavens are above the earth."

(3) Engage and listen to our church

Hebrews 3:12-13 - "Take care, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God. But encourage one another day after day, as long as it is called 'Today,' lest any one of you be hardened by the deceitfulness of sin."

(4) Engage and listen to our neighbors

Matthew 28:19-20 - "Go therefore and make disciples of all nations, baptizing them in[b] the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

(5) Engage and listen to our God

Proverbs 3:5-8 - "Trust in the Lord with all your heart...In all your ways acknowledge him...It will be healing to your flesh and refreshment to your bones."

III. (v40) Margin Is Eroded By Good Distractions

1. Boredom produces distractions

2. We don't just want good things, we want the right things.

(1) Ibuprofen can be a good medication...but not for stomach aches.

3. Two Tips:

(1) Self-Denial

i. Practice saying 'no' to good things (FOMO)

(2) Constant Maintenance

i. We need margin to examine our margin

ii. And there are flags...look at the next verse.

IV. (v41) Margin Is Likely Absence When Anxiety Is Present

1. Distractions produce anxiety

(1) We're not just saying no to things they love, but the things we love, but they don't...

i. but we want them to (it's good for them, they'll learn to like it)

ii. but we think they do (to afraid to tell us) (pretending to like, because they love the affirmation)

V. (v42) Margin Is Never Bemoaned

1. No one has ever complained about "too much margin"

#4 - CONCLUSION

I. God's Rest In The Gospel

VIDEO - "Be Still"

