

**WORKING TO FIND REST  
A SABBATH GUIDE FOR KINGDOM WORKERS  
STUDY # 5 "SABBATH, EAST OF EDEN"**

**REVIEW/INTRODUCTION**

- breaking the Sabbath --- matter of the heart
- rest-less panic to secure and provide for their own happiness, find meaning in their work and try to rest in their ability to provide all that they needed for themselves, by themselves

**OUR LACK OF REST FOLLOWING THE FALL**

LXX translation of Ecclesiastes . . . key word "frustration"

"success" - we all want it through all our lives and believe it leads to happiness and meaning in life

**ECCLESIASTES 2:4-11**

Qoheleth (Mr. Teacher/Preacher) created his own "garden of Eden"

tale of 2 gardens

earthly things can not give lasting satisfaction and contentment

2 sad, unhappy conditions:

1.

2.

Quotes: C.S. Lewis, Brad Pitt

Psalm 16:11

“One of the persistent cultural myths is the myth of fulfillment, the promise that, on this earth, the fullness of all I truly need, and all I really desire awaits. And it’s not a Hollywood myth. It’s a Christian one too. Maybe it’s especially Christian” Mark Buchanan fulfillment, fullness . . . now?

Bernanos: “. . . in order to be prepared to hope in what does not deceive, we must first lose hope in everything that deceives.”

Is what was in Adam and Eve’s heart and what Qoheleth was talking about in our hearts; part of our spiritual DNA?

“Work for God that is not nourished by a deep interior life with God, will eventually be contaminated by other things such as ego, power, needing approval of and from others, and buying into the wrong ideas of success and the mistaken belief that we can’t fail.” Sazzero

new meaning for “RR” not stop look and listen for a train but “Religious Recognition” is what we want and it is when people, “stop, look and listen” to us!

East of Eden = panic about providing for ourselves what God promised to provide; confusion about meaning, purpose of work, no rest, contentment . . . only rest-less frustration and the heart of the matter is the matter of our hearts

### TAKE TIME TO WORK ON REFLECTION

1. What does “success” for you as a Kingdom worker look like?
2. Do you think you have believed the myth of fulfillment that Buchanan says may be “especially Christian?” Think about fulfillment and frustration in your life to this point.
3. In Puritan England the market day was the chief business and social day of the week. Farmers, craftsmen, merchants, and housewives would all come from the surrounding countryside and villages to be together to buy, sell and do business. Puritans talked about gathering together on Sunday, “**the market day of the soul**” for especially important transactions and business . . . with God. What would you think needs to be part of your “market day of the soul?”