

Slow Down

The Pace of Grace

AMY

It's the sacred space of Sabbath where we learn the pace of grace.

Matthew 11:28-30 (Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

MICHAEL

Matthew 11:28-30 (NIV)

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

- In other places Jesus asked them to “come after” Him but here He invites them to “come to” Him.

Object Lesson: *Use actual yoke to show what Jesus was teaching*

He invites us to walk with Him, not work for Him.

- “Take my yoke” means “to bend your neck to my yoke” The metaphor of a yoke is that it joins two animals together to work as one.
- Jesus wasn't telling them to come to Him because they didn't have a yoke. They didn't have His yoke. ***If you are weary, it's because you are carrying the wrong yoke.***
- The work or toil isn't the focus here but our union with Jesus and what we will accomplish together. ***1 Corinthians 6:17 (NET) But whoever is joined to the Lord becomes one spirit with him.***
- We think we need an easy life, but Jesus said you need an easy yoke.
- The cure for the weary soul is not the easy life but the easy yoke.

He supplies grace for the work He assigns.

- We will take on the nature of whatever we are yoked to.
- There are things we get yoked with that still our rest, keeping us hurried and stressed.

- Other yokes are heavy, ill-fitting, and cause weariness but His yoke is easy and light.

AMY

Psalms 91:4 (TPT)

“His massive arms are wrapped around you, protecting you. You can run under his covering of majesty and hide. His arms of faithfulness are a shield keeping you from harm.”

How do we stay under His covering? We stop running outside his majesty to pick up what He didn't ask us to carry.

WHAT HE DIDN'T CALL US TO PICK UP:

1. Information Overload

- The tree of the knowledge of good and evil- media and constant connection/ refusing to sabbath, is trying to be like God- to know all things at all times- the constant good and evil of this world. We were not designed to try to process all that info at all times
- It's the original sin- pride

Genesis 2:19 *“When you eat from that tree, you're dead.”*

- I would like to offer an idea on why our next generation are in one of the worst mental health crises ever. Because we're handing them the tree of knowledge of the good and evil and saying- just keep eating. We are not God. Our brains are physically not wired to handle all the traumas of the entire world, or even those of our own circle. We are literally rewiring our brain- information is the drug to which almost all of humanity is now addicted to.
- Our regenerated brains in Jesus are wired to Sabbath. Our unguarded, information overloaded brains are re-wired to crave a constant flow of information. And we, as disciples, adults, have a difficult time with this boundary. Imagine how much harder this is for our kids. The power of a parent who sabbath and enforces sabbath is a generation who can be free from mental health issues caused by information overload.
- God is the only one who can handle that level of information and other people's trauma and not lose sleep over it. Because He doesn't sleep. He doesn't need Sabbath. He is Sabbath.

2. Savior Complex

- We can't solve every problem and fight for every cause in the world.
- Watcher's guilt...if I see it, I should do something to correct it. But even Jesus didn't address every issue of His day.

Hebrews 12:1...*And let us run with endurance the race God has set before us.*

- Sabbath is being able to engage in the issues God has asked you to and disengage in the causes that aren't the ones He called you to.
- If every Christian served in their Sabbath, all the righteous causes will be represented. But it's not my job to represent every righteous cause.

MICHAEL

Galatians 5:22-23 (TPT)

But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit.

Daily Pace of Grace:

1. "Come to Me"
2. "Learn from Me"
3. "Walk with Me"