

TIME OF REFLECTION

“Most people mistakenly believe that all you have to do to stop working is not work. The inventors of the Sabbath understood that it was a much more complicated undertaking. You cannot downshift casually and easily, the way you might slip into bed at the end of a long day.”

~Judith Shulevitz, “Bring Back the Sabbath” from *The New York Times*

“If the devil cannot make us bad, he will make us busy.”

~Corrie ten Boom

“Work is so foundational to our makeup that it is one of the few things we can take in significant doses without harm. Indeed, the Bible does not say we should work one day and rest six or that work and rest should be balanced evenly but directs us to the opposite ratio. Leisure and pleasure are great goods, but we can take only so much of them.”

~Timothy Keller, *Every Good Endeavor*

“When you’re working for self it will always be endlessly draining...It is a slower, or in some cases, a quick march towards a death of soul, a death of life, a death of rhythm of life... And in a similar way, rest for self is ultimately a path towards death... So, in the same way that work for self kills and rest for self kills, there’s an opposing reality that kingdom rest, Christ-driven, Christ-centered, gospel-deep, whatever word you want to use, rest, is different. There’s this wonderful freedom to it.”

~Alasdair Groves, “Rest,” *CCEF Podcast: Where Life and Scripture Meet* (2020)

“That’s why Sabbath is an expression of faith. Faith that there is a Creator and he’s good. We are his creation. This is his world. We live under his roof, drink his water, eat his food, breathe his oxygen. So, on the Sabbath... We give him all our fear and anxiety and stress and worry. We let go. We stop ruling and subduing and we just be. We ‘remember’ our place in the universe, so that we never forget . . . There is a God, and I’m not him.”

~John Mark Comer, *Garden City: Work, Rest, and the Art of Being Human*

Worship through the Word

SERMON – “Resting with God” – *Robert Moore*

SERMON PASSAGE – *Mark 2:23-28, Genesis 2:1-3, Matthew 11:28-30, Hebrews 4:9-11 (ESV)*

Mark 2

²³ One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. ²⁴ And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” ²⁵ And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: ²⁶ how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” ²⁷ And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

Genesis 2

¹ 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.

Matthew 11

²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”

Hebrews 4

⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God’s rest has also rested from his works as God did from his.

¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.