

REST: THE PURPOSE
REST: THE SABBATH
REST: THE MARGIN
REST: THE WORSHIP

PASTOR JON TICE & ELAN YUDKOWSKY

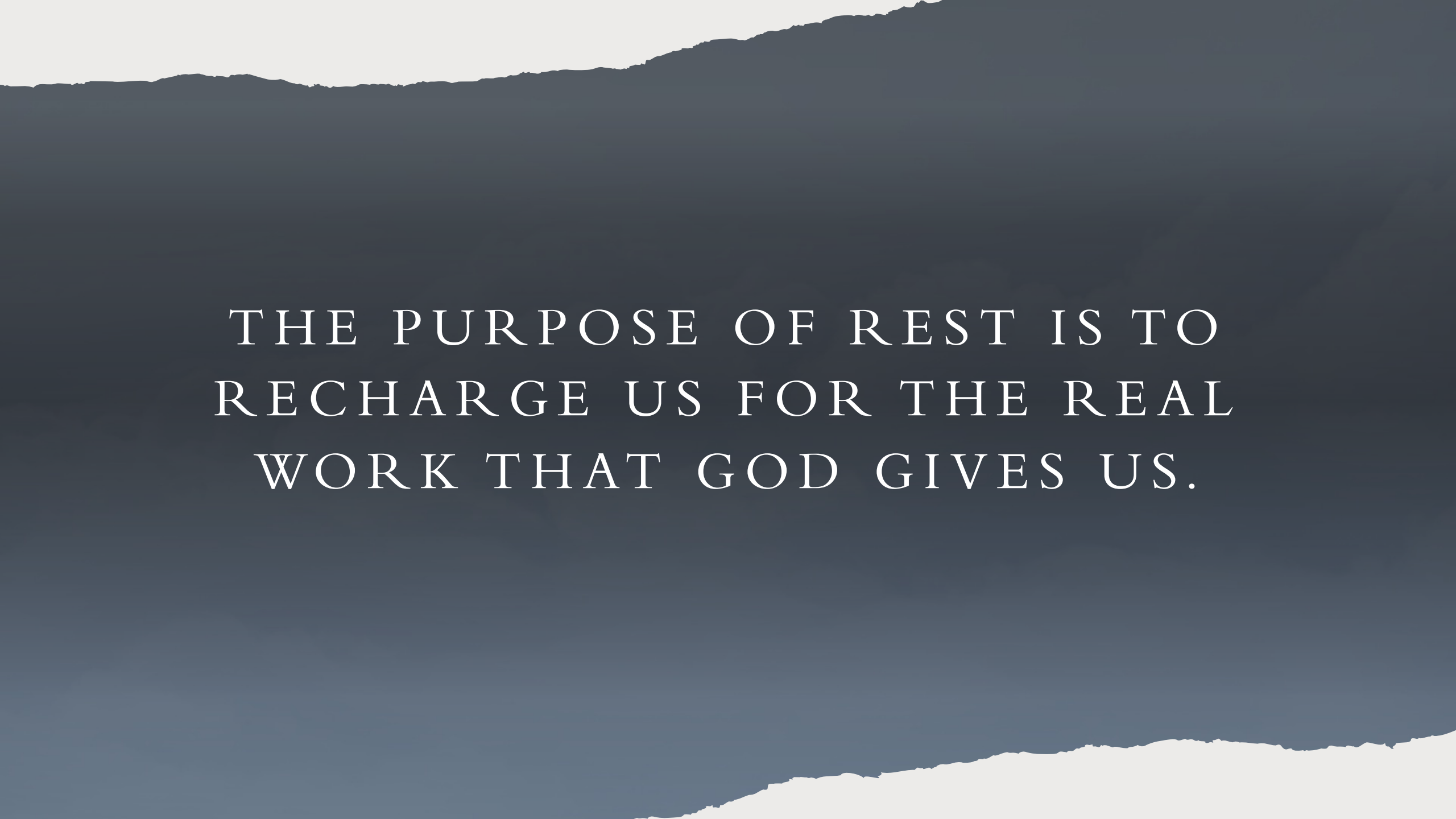
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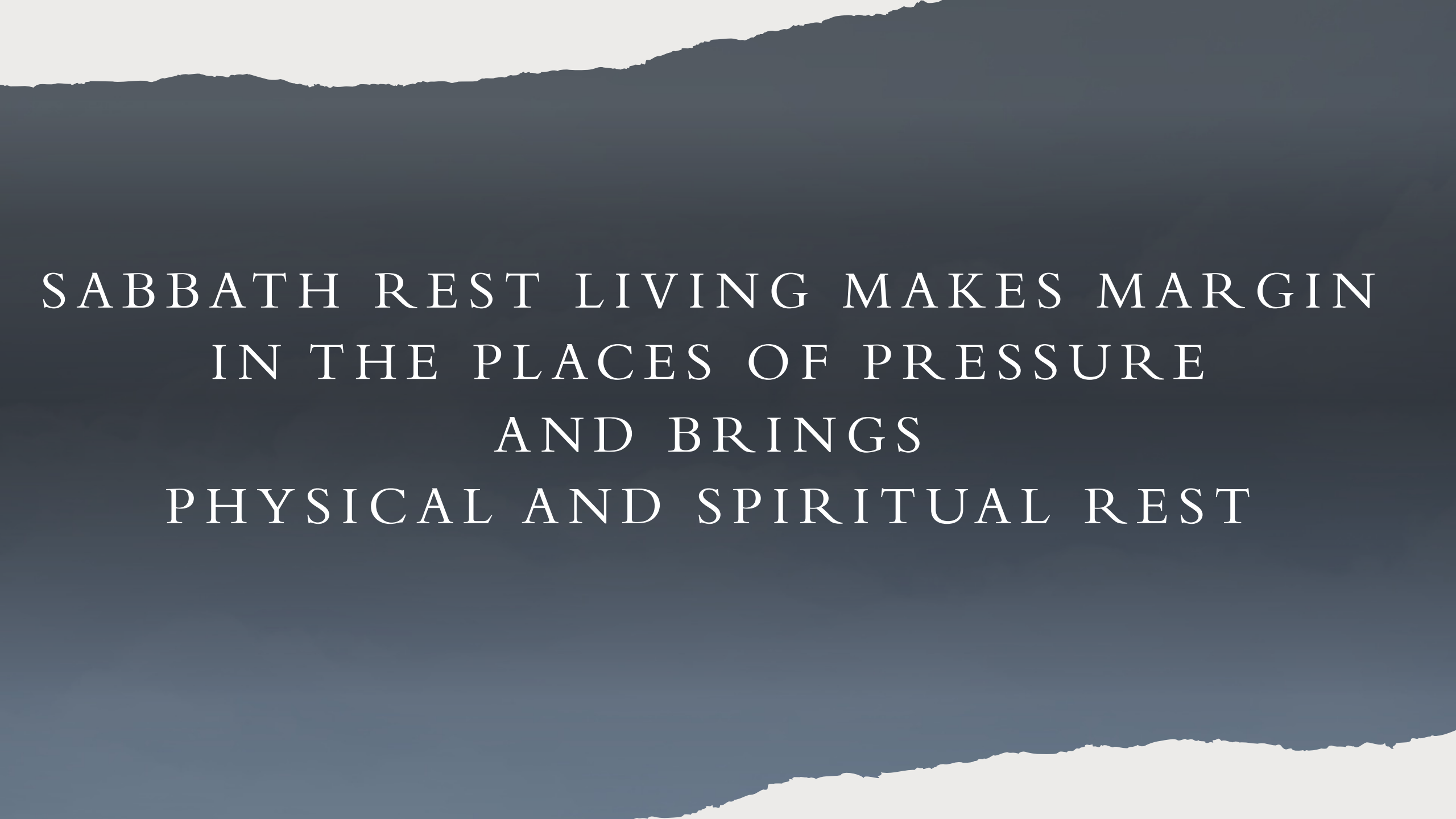


WE REST FOR GOD'S PURPOSE

WE SABBATH FOR GOD'S PURPOSE



THE PURPOSE OF REST IS TO
RECHARGE US FOR THE REAL
WORK THAT GOD GIVES US.



SABBATH REST LIVING MAKES MARGIN
IN THE PLACES OF PRESSURE
AND BRINGS
PHYSICAL AND SPIRITUAL REST

Conversation with Elan Yudkowsky

Shabbat: the Jewish “Day of Rest”

A brief biblical history of Shabbat, some of our traditions, and how it applies to Jews in the modern world.



Shabbat from a Biblical Standpoint: Rest... or Die

- **Genesis 2: 2-3** – “by the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”
- **Exodus 31:14-15** – ¹⁴ “Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. ¹⁵ For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the LORD. Whoever does any work on the Sabbath day is to be put to death.”
 - “Malacha,” or “work,” **referred to the 39 different jobs in the construction of the Mishkan (Tabernacle)**. This is the primary reason for the wide array of modern-day applications of Shabbat traditions/commandments as nearly all of these jobs no longer exist

39 MELACHOS TABLE

Ch חֹרֵשׁ Choresch Plowing	Zo זֹרַע Zoreah Sowing	Ko קוֹצֵר Kotzair Reaping	Mm מַעְמֵר M'amair Gathering	Du דָּשׁ Dush Threshing	Zr זֹרֶה Zoreh Winnowing	Mv מִבְּעִיר Ma'avir Kindling	Mc מִכְבֵּה Mechabeh Extinguishing
Bo בּוֹרֵר Borer Sorting	To טוֹחַן Tochain Grinding	Mi מִרְקָד Miraked Sifting	Lu לָשׁ Lush Kneading	Of אוֹפֶה Ofeh Baking		Kt כּוֹתֵב Kotav Writing two letters	Mk מוֹחֵק Mochaik Erasing two letters
Go גּוֹזֵז Gozez Shearing	Me מְלַבֵּן Melabain Whitening	Mn מְנַפֵּץ Menafetz Disentangling	Tz צוֹבֵעַ Tzovayah Dyeing	Tv טוֹוֶה Toveh Spinning	Ma מַסֵּךְ Maisach Mounting warp	OB עֲשִׂית בְּתֵי נִירֶיךָ Oseh Beit Batai Neirin Preparing to Weave	Ha הוֹצֵא Hotza'ah Carrying
Or אוֹרֵג Oraig Weaving	Po פּוֹצֵעַ Potzai'ah Separating threads	Ko קוֹשֵׁר Koshair Tying a knot	Mr מַתִּיר Matir Untying a knot	Mt מַחְתֵּךְ Mechateich Cutting	Tf תּוֹפֵר Tofair Sewing	Kr קוֹרֵעַ Ko'reah Tearing	MP מַכֵּה בַּפְּטִישׁ Makeh B'Patish Striking the final blow
Td תָּזַד Tzud Trapping	Sc שׁוֹחֵט Shochet Slaughtering	Mf מַפְשִׁיט Mafshit Skinning	Mb מַעֲבֵד M'abaid Salting	Mi מְמַחֵק Memacheik Smoothing	Mh מְשַׂרְטֵט Mesharteit Tracing lines	Bn בּוֹנֵה Boneh Building	So סוֹתֵר Soiser Demolishing

Shabbat in the Modern World

- 1. REST** – the word Shabbat literally means rest. This has not changed one iota and is the core value of Shabbat.
- 2. Reconnect with God** – when you are in a restful mindset, it is much easier to be spiritual. There are ample opportunities for this throughout the entire Shabbat
- 3. Community, Family, & Intimacy** – Shabbat is a time to get together with the entire community, to pray, drink, eat, tell stories, and deepen the bond we share. It is also a time to focus on your marriage, as often the stressors of the week distract us from what is actually important.

Timeline of Shabbat: Friday Evening

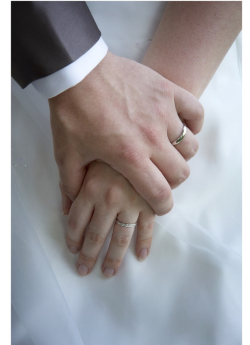
Candle Lighting



“Kiddush” and “Hamotze”



Intimacy



Prayer Services



Shabbat Dinner



Timeline of Shabbat: Saturday - Sundown



Prayer Services



Shabbat Lunch



"HavDallah"

Torah Reading



REST!



In Summary...

1. Shabbat was and remains a cornerstone of the Jewish religion. The extent to which you follow the written law dictates where you fall on the “religious spectrum.”
2. Since many of the “39 *Malachot*” are no longer applicable, the actual practice of resting varies from person to person. For example, Golf allows me to relax but would be “frowned upon” by the ultra-religious (also known as *Chassidim*)
3. Although there are differences in practices, the core values of rest, spirituality, community, family, and intimacy are shared by all. These are the values that bond the Jewish people together.

EXODUS 35:1 MOSES ASSEMBLED ALL THE CONGREGATION OF THE PEOPLE OF ISRAEL AND SAID TO THEM, “THESE ARE THE THINGS THAT THE LORD HAS COMMANDED YOU TO DO. 2 SIX DAYS WORK SHALL BE DONE, BUT ON THE SEVENTH DAY YOU SHALL HAVE A SABBATH OF SOLEMN REST, HOLY TO THE LORD. WHOEVER DOES ANY WORK ON IT SHALL BE PUT TO DEATH. 3 YOU SHALL KINDLE NO FIRE IN ALL YOUR DWELLING PLACES ON THE SABBATH DAY.”

REST

DEUTERONOMY 5:15 YOU SHALL REMEMBER THAT YOU WERE A SLAVE IN THE LAND OF EGYPT, AND THE LORD YOUR GOD BROUGHT YOU OUT FROM THERE WITH A MIGHTY HAND AND AN OUTSTRETCHED ARM. THEREFORE, THE LORD YOUR GOD COMMANDED YOU TO KEEP THE SABBATH DAY.



*NUMBERS 28: 25 AND ON THE SEVENTH DAY YOU
SHALL HAVE A HOLY CONVOCATION. YOU SHALL NOT
DO ANY ORDINARY WORK.*

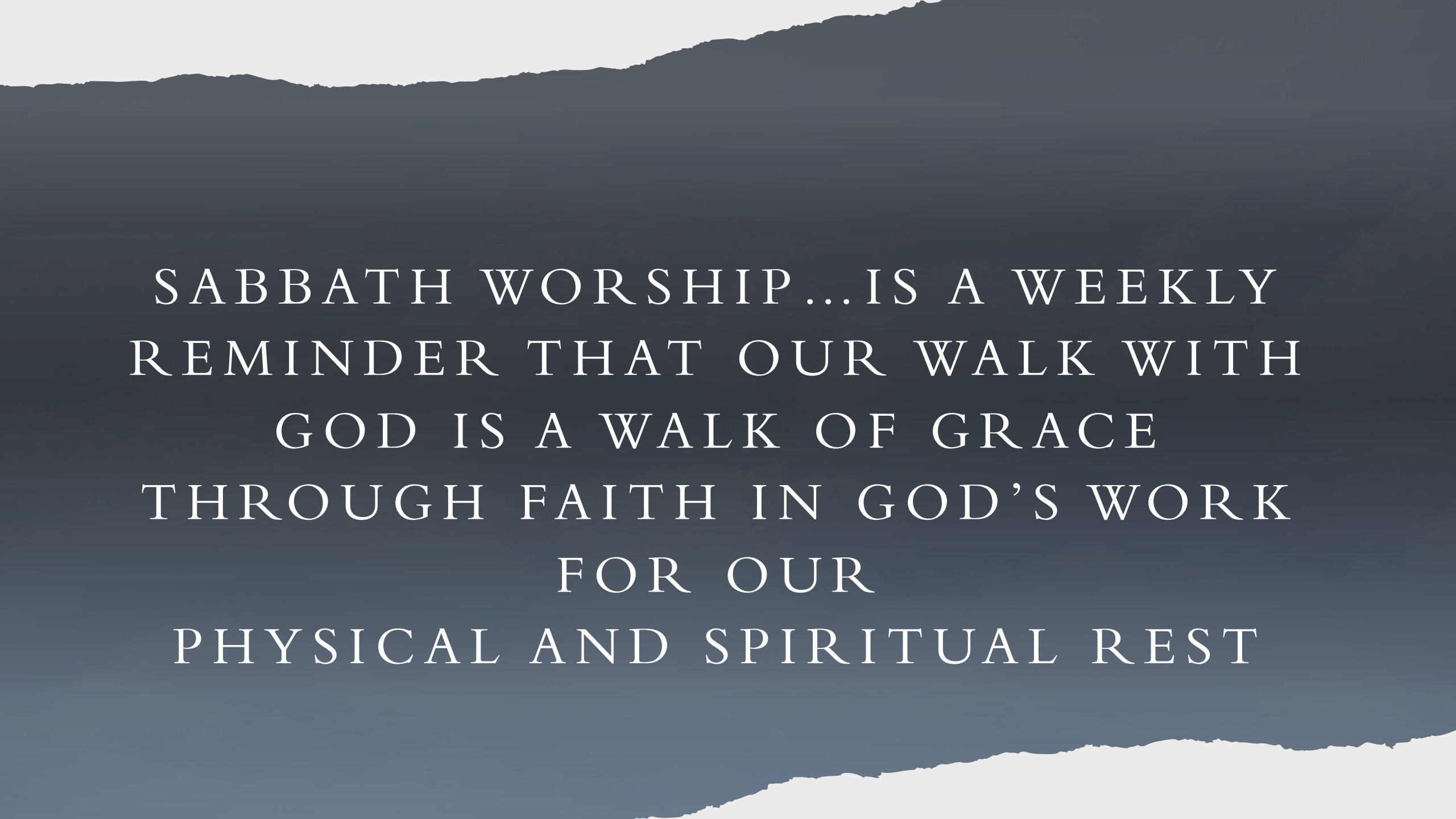
REJOIN (ASSEMBLE)

GENESIS 15:6

AND HE [ABRAM] BELIEVED IN THE LORD; AND HE[GOD] COUNTED IT TO HIM [ABRAM] FOR RIGHTEOUSNESS. JPS TANAKH 1917

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.

*HEBREWS 4:14 SINCE THEN WE HAVE A GREAT HIGH
PRIEST WHO HAS PASSED THROUGH THE HEAVENS,
JESUS, THE SON OF GOD, LET US HOLD FAST OUR
CONFESSION. 15 FOR WE DO NOT HAVE A HIGH PRIEST
WHO IS UNABLE TO SYMPATHIZE WITH OUR
WEAKNESSES, BUT ONE WHO IN EVERY RESPECT HAS
BEEN TEMPTED AS WE ARE, YET WITHOUT SIN. 16 LET
US THEN WITH CONFIDENCE DRAW NEAR TO THE
THRONE OF GRACE, THAT WE MAY RECEIVE MERCY
AND FIND GRACE TO HELP IN TIME OF NEED*



SABBATH WORSHIP...IS A WEEKLY
REMINDER THAT OUR WALK WITH
GOD IS A WALK OF GRACE
THROUGH FAITH IN GOD'S WORK
FOR OUR
PHYSICAL AND SPIRITUAL REST

APPLICATIONS

- 1. AM I RESTING IN GOD'S FINISHED WORK?*
- 2. AM I OBSERVING WEEKLY THAT REST?*