

August 15, 2021

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Sabbath: Recalibrating Rest

Matthew 11:28-12:8

“This is what the Lord says: Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”

Jeremiah 6:16

“I will refresh the weary and satisfy the faint.” **Jeremiah 31: 25**

“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. At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to him, ‘Look, your disciples are doing what is not lawful to do on the Sabbath.’ He said to them, ‘Have you not read what David did when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. For the Son of Man is lord of the Sabbath.” **Matthew 11:28-12:8**

Main Idea: Only Jesus can provide the true rest my soul is searching for.

Sabbath and Rest defined: *cease, desist, spiritual refreshment, reverent worship, play, stop working, dwell, settle*

- Salvific Rest
- Day 7 Rest
- Ultimate Rest

I. Jesus offers a better path to rest.

“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.”

Matthew 11:28-30

“You have made us for yourself, O Lord, and our heart is restless until it rests in you.” **Augustine**

II. Jesus recalibrates sabbath rest.

“At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to him, ‘Look, your disciples are doing what is not lawful to do on the Sabbath.’ He said to them, ‘Have you not read what David did when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. For the Son of Man is lord of the Sabbath.” **Matthew 12:1-8**

Jesus turns to the Old Testament and presents three scriptures that the Pharisees have missed:

- 1st Samuel 21 - King
- Numbers 28:9-10 - Priest
- Hosea 6:6 - Prophet

“And he said to them, ‘The Sabbath was made for man, not man for the Sabbath.’” **Mark 2:27**

“Sabbath is a day. Sabbath is an attitude.”

Buchanan, *The Rest of God*

How can you set apart one day a week for feasting, resting, worship and play?

How can you begin to form a Sabbath attitude day by day?

Bibliography:

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- *Holman New Testament Commentary: Matthew* - Stuart Weber
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- *The Rest of God* - Mark Buchanan
- Articles:
- *Bible Project: Keeping the sabbath is it still relevant to Christians today* - Takano
- *The culmination of Sabbath Rest in Revelation* - Fischer