



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **The Rest Revolution: Finding Sabbath in a Nonstop World**
Series: **God's Top 10**
Text: **Exodus 20:8-12**
Speaker: **Kevin T. Hardy** Date: **July 20, 2025**

"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD." (Is 58:13-14)

HOW DO YOU FIND SABBATH IN A NONSTOP WORLD?

1. Discover the Rhythm of _____ and _____

By the seventh day **God had finished the work he had been doing**; so on **the seventh day he rested from all his work**. 3 And God blessed the seventh day and **made it holy**, because on it **he rested from all the work** of creating that he had done. (Ge 2:2-3).

- The _____ derived from the Hebrew word "shabbat" meaning "**to cease or desist**," is the seventh day of the week established **as a day of rest** and abstention from work for the Israelites.
- The day was meant to be _____ dedicated to **spiritual refreshment, reverent worship, and rest for all**, including servants and animals.

The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. **He gives strength** to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but **those who hope in the LORD will renew their strength**. (Is 40:28-31).

2. Stop being _____ and Trust the Lord.

Remember the Sabbath day by **keeping it holy**. (Ex 20:8).

Here are some **examples** of how **we replace the Sabbath** with unholy activities:

- _____ – "Just one more task..."
- _____ – Replacing worship with shopping
- _____ **Binging** – Numbing ourselves with screens
- _____ **and Hustle Culture** - To Do List
- _____ **kids** – Sports over spiritual formation
- **Guilt-driven** _____ – Missing the joy in God's gift

3. Make Jesus the _____ of Your Sabbath

Then 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.”** (Mk 2:27–28).

- ***“Sabbath becomes a decisive, concrete, visible way of opting for and aligning with the God of rest.”***

— Walter Brueggemann, *Sabbath as Resistance*

On it you shall not do any work, **neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.** (Ex 20:10).

- ***“Sabbath is the most radical, visible way of opting for a different system. It is a visible insistence that our lives are not defined by the production and consumption of commodity goods.”***

— Walter Brueggemann, *Sabbath as Resistance*

“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.” (Mt 11:28–30).

4. Enter God’s Greater _____

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.” (Heb. 4:9-11)

- The Sabbath points to something even deeper than a day off: **a spiritual rest.** A rest that comes from **trusting in the finished work of Jesus.**

“Come to me... and I will give you rest.” (Matt. 11:28)

- Some of you need to _____ the rhythm of Sabbath.
- Some need to _____ of trusting your work more than God.
- And some of you... need to _____ God’s rest for the first time.