

# Sabbath

## The Ruthless Elimination of Hurry

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Part of The Ruthless Elimination of Hurry How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World

October 1, 2023

# The Ruthless Elimination of ~~Hurry~~

A 5-Week Church-Wide Study | September 17 - October 15

**Why do we need Sabbath? Because we are creatures of desire.**

**To truly feel satisfied by the things of this world, Thomas Aquinas realized that the answer was “everything. We would have to experience everything and everybody and *be* experienced by everything and everybody to be satisfied.”**

(pg. 144 The Ruthless Elimination of Hurry)

*Dallas Willard put it this way: Desire is infinite partly because we were made by God, made for God, made to need God, and made to run on God. We can be satisfied only by the one who is infinite, eternal, and able to supply all our needs; we are only at home in God. When we fall away from God, the desire for the infinite remains, but it*

*is displaced upon things that will certainly lead to  
destruction.*

*—John Mark Comer*

*Come to Me, all you who labor and are heavy laden, and  
I will give you rest.*

*—Matthew 11:28 (NKJV)*

**Shabbat - “to stop”**

**Shabbat - “to delight”**





**Is what you do in a day more important or impactful than what Jesus did? So why are you exempt from or unable to stop as Jesus did?**

- 1. Sabbath in a day**
- 2. Sabbath as a day**
- 3. Sabbat in eternity**

**Mark 1:35, Mark 6:45-47, Luke 4:42, Luke 5:16**

*Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

*—Genesis 2:1-3 NKJV*

*This doctor noted that they lived ten years longer than the average American. I did the math: if I Sabbath every seven days, it adds up to - wait for it - ten years over a*

*lifetime. Almost exactly.*

—John Mark Comer

*And He said to them, “The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.*

—Mark 2:27-28 NKJV

*Work from rest, not for rest, with nothing to prove. A way of bearing fruit from abiding, not ambition.*

—John Mark Comer

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**Next Week:** The Ruthless Elimination of Hurry, Part 4: Simplicity

- [Info about “The Ruthless Elimination of Hurry” Series and Groups](#)
- *The Ruthless Elimination of Hurry* by John Mark Comer available on [Christianbook.com](#) and [Amazon.com](#).