

TAKE HOME SHEET



Series: Top 10
Message: Keep the Sabbath
Speaker: Brandon Bennick
Date: May 7, 2023

Are you tired?

I don't mean tired this morning – like you've been tired for quite some time. Maybe you've felt this way for weeks or months and you're longing to take a break.

Are you constantly in a hurry?

Maybe you're always looking to see which line at the grocery store is the shortest, guessing which car will start moving first at the stoplight, etc. There's no time for interruption.

Are you burned out on religion?

Have you been working really hard for God? Are you striving for his attention?

²⁸ Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.

Matthew 11:28-30 (NLT)

How often do you respond to Jesus' invitation above?

God intends for us to do this together! Who can you invite into keeping the Sabbath with you?

Where is there margin in your day to begin delighting in God?

⁹ One day Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. ¹⁰ As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him like a dove. ¹¹ And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy." ¹² The Spirit then compelled Jesus to go into the wilderness.
Mark 1:9-12 (NLT)

It's culturally common to place our identity in many things – especially in productivity. What if you took a step of faith to rebel against the mentality of working without limits?

How might God be inviting you into rest and renewed identity?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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⁸ Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Exodus 20:8-11 (NLT)

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Matthew 11:28-30 (NLT)

What is Sabbath?

In Hebrew, Sabbath translates to STOP.

¹ So the creation of the heavens and the earth and everything in them was completed. ² On the seventh day God had finished his work of creation, so he rested from all his work. ³ And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:1-3 (NLT)

Here we see God model a rhythm of work and rest for us.

Why do we Sabbath?

It's an invitation to be restored by God.

God intends for us to work six days and rest for one.

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Mark 1:9-12 (NLT)

Sabbath helps us resist the idol of productivity.

How do we Sabbath?

Behind the commandments there's purpose, intention, and invitation.

If we make it a list of spiritual do's and don'ts, we're missing the point! God intends for this to be a gift for us.

Sabbath is a time when God wants to remind his children of the identity He's given them.

The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

Mark 2:27 (NLT)

Sabbath is for delighting in God's goodness, expressing our gratitude toward Him, and celebrating our eternal seat at His table.