



A Time for Everything

Lesson 4

A Time to Pause

PRAYER

INTRODUCTORY ACTIVITY

Making time for what is most important

Our time is valuable! We all only have so much time in a day with countless needs, responsibilities, wants, and distractions demanding our attention. Let's list some activities that always seem to take up time in our day.

-
-
-

Now let's evaluate our list. How important or truly beneficial are these activities? Do they really add to your day or just add to the busyness? How much do they take away from good or better things? What would happen if you stopped doing them?

I'M TOO BUSY FOR...

1.) "Sabbath" is the Hebrew word for "rest." In the Old Testament, God's people had specific times when God commanded them to rest—weekly on the Sabbath day and other feasts and festivals as well. While these rules are no longer binding to us because they have been fulfilled in Christ (cf. Colossians 2:16), we can learn the from the underlying purposes and principle with which God gave them. What do the following passages tell us about God's purpose for the Sabbath day?

Exodus 20:8-11 "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. 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. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

Leviticus 23:1-3ff The LORD said to Moses, ² "Speak to the Israelites and say to them: 'These are my appointed feasts, the appointed feasts of the LORD, which you are to proclaim as sacred assemblies. ³ There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.'

Mark 2:27 Then [Jesus] said to them, “The Sabbath was made for man, not man for the Sabbath.”

Luke 13:14-16 Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, “There are six days for work. So come and be healed on those days, not on the Sabbath.”¹⁵ The Lord answered him, “You hypocrites! Doesn’t each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water?¹⁶ Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?”

2.) God meant to give his people incredible blessings through the rest and sacred assembly of the Sabbath. What were some reasons why many of them did not reap its benefits? The same warnings apply to us!

Exodus 16:21-23, 27-30 Each morning everyone gathered as much [manna] as he needed, and when the sun grew hot, it melted away.²² On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses.²³ He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”²⁷ Nevertheless, some of the people went out on the seventh day to gather it, but they found none.²⁸ Then the LORD said to Moses, “How long will you refuse to keep my commands and my instructions?²⁹ Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out.”³⁰ So the people rested on the seventh day.

Amos 8:4-12 Hear this, you who trample the needy and do away with the poor of the land,⁵ saying, “When will the New Moon be over that we may sell grain, and the Sabbath be ended that we may market wheat?”—skimping the measure, boosting the price and cheating with dishonest scales,⁶ buying the poor with silver and the needy for a pair of sandals, selling even the sweepings with the wheat.⁷ The LORD has sworn by the Pride of Jacob: “I will never forget anything they have done.”

Hebrews 4:1-2, 6 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.² For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. ...⁶ It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience.

I’M TOO BUSY NOT TO...

1.) Martin Luther is quoted as saying, “Work, work, from morning until late at night. In fact, I have so much to do today that I shall spend the first three hours in prayer!” Read the following passages. When is busyness good? When is it bad?

Ecclesiastes 1:3,8 What does man gain from all his labor at which he toils under the sun? ... All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing.

Ecclesiastes 2:24-25 A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, ²⁵ for without him, who can eat or find enjoyment?

Psalms 62:1-2 My soul finds rest in God alone; my salvation comes from him. ² He alone is my rock and my salvation; he is my fortress, I will never be shaken.

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

2.) Describe how a Christian's busy day/week is different when he or she is regularly "resting" in God's Word and promises.

CLOSING

What are three things you can include (or exclude) from your day to help you find time to pause in God's Word. (Include actual times as needed!)

-
-
-
-

NEXT TIME: West Bible Study