

July 19, 2020

“Greatness:
Just Live It”

“Greatness Through Rest” Core 29

*“The Sabbath was made for man, not man for the Sabbath.
So the Son of Man is lord even of the Sabbath.”
Mark 2:27-28*

A. What is the Sabbath?

“Remember the Sabbath day and keep it holy. Six days you shall labor and do all your work, 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 male or female servants, nor your animals, nor any foreigner residing in your towns. 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. (Exodus 20:8-11)

1. Was not meant to be legalistic.
2. Mark 2:23-3:6
 - a. Human needs are above ritual.
 - b. They had forgotten the mercy and grace shown by God when He made provisions for the Sabbath.

B. Rest in the Beginning.

*“On the seventh day God had finished His work of creation, so He rested from all His work. And God had blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.”
(Genesis 2:2-3)*

1. God gave us this day as a gift.
2. A day to reflect.
 - a. Deuteronomy 5:15

C. God designed us for times of rest.

“The apostles gathered around Jesus and reported to Him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, He said, ‘Come with me by yourselves to a quiet place and get some rest.’” Mark 6:30-31

1. A lack of rest...
 - a. Increases stress.
 - b. Depresses the immune system and increases disease.
 - c. Impacts not only our physical, but our emotional system bringing fatigue, doubt, discouragement, defeat, and despair.
 - d. Creates an out of balance feeling that says “I am not enough!! I am not doing enough! Busier is better!”

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.” Psalm 127:1-2

2. A sufficient amount of rest...
 - a. Increases creativity, productivity, focus, and memory.
 - b. Reorients our thinking patterns and increases our ability to resist temptation.
 - c. Recharges our batteries and strengthens us to resist worry and factors that wear us down.
 - d. Refreshes us in our mind and heart.
 - e. Revives us.

D. Sabbath is not just a day.

“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. 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.’” (Matthew 11:28-29)

1. Jesus promises rest to those who follow Him.
 - a) It is impossible to find rest when we are:
 - i) Anxious
 - ii) Carry heavy burdens
 - iii) Cannot meet unrealistic expectations
 - iv) Hold onto unfair and unresolved circumstances
2. Symbol of the Heavenly rest to come.