

You need a rest

The importance of the sabbath

The Sabbath was made for man, not man for the Sabbath. (NIV Mk 2:27)

If Sunday is the Christians' day of rest, why don't they stay in bed?

(attributed to Mark Twain)

Mark 6:2a, Luke 14:1-3, John 5:15-17



The Sabbath rest: *Why seven days?*

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (NIV Gen 2:1–3)

“Remember the Sabbath day by keeping it holy. Six days you shall labour 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 servant, 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. (NIV Ex 20:8–11)



The Sabbath rest: *OK but...*

If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out?

(NIV Mt 12:11)

Law is a social contract (think speed limit)

Come to me, all you who are weary and burdened, and I will give you rest. 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.

(NIV Mt 11:28–29)



The Sabbath rest: *Our happy place*

...seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow... (Mt 6:31-34)

...if you call the Sabbath a delight and the LORD's holy day honourable ... then you will find your joy in the LORD... (Is 58:13-14)



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being*
unable to go?



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being*
unable to go?

Well it doesn't really make any
difference anyway.

Who cares? So go back to bed. And miss out on
your rest.



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being
unable to go?*

I am glad of the excuse not to go

Do you have a gym subscription? When did you last
visit the dentist?



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being*
unable to go?

I won't tick the religion box

Jesus will not be happy about it



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being
unable to go?*

I am losing an opportunity to encourage my
brothers and sisters

True, but not the best answer!



The Sabbath rest: *Something has come up..*
It's Sunday, but something has come up. We can't
make it to church. *What is our reaction to being
unable to go?*

I am missing out on my rest!

...Lord, don't you care that my sister has left me to
do the work by myself?...Tell her to help me!"

"Martha, Martha," the Lord answered, "you are
worried and upset about many things... Mary has
chosen what is better..." (NIV Lk 10:38–42)



The Sabbath rest: *It's not perfect*

The day

Morning and evening service: maybe you can't make both. But

A psalm. A song. For the Sabbath day.

It is good to praise the LORD

and make music to your name, O Most High,
proclaiming your love in the morning

and your faithfulness at night, (NIV Ps 92:Title-2)



The Sabbath rest: *It's not perfect*

The church

Find a church that faithfully handles the Word, and where the people love each other. Your happy place



The Sabbath rest: *It's not perfect*

The world

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. (NIV Heb 4:9–10)

