

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, November 23, 2021

#29 | Sabbath and Rest — Matthew 11:28-30

Overview: The use of the word “Rest” in relation to this year’s theme of “Core” is not random. Rest is what God did on the 7th day after creation during the first 6 days. This continues with the idea of taking a sabbath, or rest. Rest appears to be a Core element of what God designed into our lives, and He shows this example personally through scripture in Genesis.

Why I Picked This Verse: In this time of life things have gotten busy, hectic, and it has been easy to lose a sense of calm, of rest. I think a lot of our medical problems, including mental, could be calmed by rest. If you ask anyone if rest is a good thing, if it is something they feel is important for the body, you won't find much push back, however many push themselves to the limit before they rest.

Video: <https://bibleproject.com/explore/video/sabbath-video/>

Segment Questions: (References are on back)

Read Genesis 2:2

- What is God doing here? Why is this a prominent verse? Is this an example God is trying to make of how we should then live? How have you seen this example of taking rest benefit the human race under natural law?

Read Mark 2:27-28

- What does it mean that the Sabbath was made for man, not man for the Sabbath?

Read Matthew 11:28-30

- Is there more to Rest than sleep? What do you think Rest means in all it's forms?

Read Colossians 2:20-21

- How easy is it to turn the Sabbath into something more than it is, and cause it to be a legalistic rule to follow? Where does it show or say that if you don't rest or keep the Sabbath that you will face a dire consequence? Is there a consequence beyond the natural consequence of failing to rest? Evidence shows a law of diminishing returns when you go too long without rest. Is Paul warning us to keep from making it more than this?

Action Questions:

- What do we need rest from these days? If you are retired, or your children are gone out of the house, is Sabbath still a thing? Do you need rest from just work?

Closing Personal Prayer: Thank you Lord for your great example. Thank you for making it clear how you think we need to live to be the best version of ourselves. The example of work and rest. Help me to seek rest in my life so I may renew my mind and my body. Help me to be a blessing to others.

Introduction

This week is Thanksgiving. There is so much to be thankful for. Who is ready for some rest, relaxation, family, food, and football? Our family has been in the fast lane since school started in August. There is a lot of work at the office to do every single day. The 4 kids are in school so there is a lot of homework at night to help with. It doesn't help when there are sports practices and games going on nearly every night as well. Many times it isn't until 10:30 PM before we actually begin to settle down. Saturdays and Sundays are busy too with games and other events. There is no more protection for those Sundays like there used to be. This is why REST stuck out to me. I am thankful for Rest! When my head hits the pillow I say "Thank you Lord!" I am thankful when there is peace and quiet. I am thankful when I can slow down.

If I seek Rest this much then it is obviously something God put in place for us to partake in, to enjoy. Surprisingly looking back at Genesis you see it has been in place since the very beginning of time. God rested on the 7th day, and thus created an example to follow.

I remember one day at work 20 years ago describing to a colleague how busy Sunday was going to be. My good buddy Jeff asked me why on Sunday I was so busy. That was the first time I actually became aware of how I felt about being busy on Sunday. I started to think about how it affected me during those weeks when I worked harder on Sunday than in some cases other days of the week. I started to become aware that I was near worthless on Mondays. I joked that I had to come to work to rest after such a busy weekend. By Wednesday I thought about how little I'd accomplished. This has to be a natural order of things. A natural consequence of not taking that day to rest, to relax, to renew.

So how do I reconcile scripture concerning rest, and the sabbath, to my weekly life? It is comforting to see how Paul viewed this. Essentially he says the path to spiritual growth is not found by living by rules, rituals, and regulations. He says those things are a human based way of thinking about the Sabbath. With that said, how should we then approach this idea of the Sabbath, and Rest?

Genesis 2:2 | On the seventh day God had finished his work of creation, so he rested from all his work.

Mark 2:27-28 | Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!"

Matthew 11:28-30 | Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30For my yoke is easy to bear, and the burden I give you is light."

Colossians 2:20-21 | You have died with Christ, and he has set you free from the spiritual powers of this world. So why do you keep on following the rules of the world, such as, 21"Don't handle! Don't taste! Don't touch!"?