

## MEN'S LIFE BLOOMINGTON

Tuesday, March 25, 2025 | Alex Maher

### Ruthless Elimination of Hurry | Sabbath

#### Overview

"We can be satisfied only by the one who is infinite, eternal, and able to supply all our needs; we are only at home in God. When we fall away from God, the desire for the infinite remains, but it is displaced upon things that will certainly lead to destruction" – Dallas Willard

Sabbath comes from the Hebrew word *Shabbat*, literally meaning **to stop**. We live in a society in which all aspects of life are meant to make us run as fast as we can: faster cars, faster production of consumer goods, cramming as much work as we can into an 8-hour workday, etc. When do we find the time **to stop**? God literally had to command the ancient Israelites to stop and rest, in fact it's the only one of the Ten Commandments that He provides a *why* to:

"Remember to observe the Sabbath day by keeping it holy.....that is **why** the LORD blessed the Sabbath day and set it apart as holy." – *Exodus 20:8-11, NLT*

God had to *command* the Israelites to observe a day of rest because he knew they would become 'workaholic, run and get everything done as fast as you can' people otherwise. Sound familiar?

Even if we don't designate an entire day to sit in 24 hours of solitude, I would challenge you all to spend at least an hour a week in Sabbath. This doesn't mean you have to sit and read Scripture for an hour straight, but your Sabbath may mean turning off your phone and going for a hike. Or relaxing in your favorite spot in the house and reading a good book. The point is to rest and give thanks for the things God has created for you.

**Video:** [Sabbath](#)

#### Discussion Questions:

- How can I incorporate Sabbath into my everyday life?
- In what ways am I 'running too fast' to which a Sabbath could heal?
- John Mark Comer describes Sabbath as a time to 'rest and worship'. In what ways can I rest while still giving thanks/worship to God?

**"The Sabbath was made for man, not man for the Sabbath"** – Mark 2:27

Sabbath should not be thought of as a 'legalistic' requirement, but rather something we yearn for in order to reset and recharge. Sabbath is a gift from the Creator to the creation that we gratefully receive.