

Theme: We need consistent times to rest and remember redemption, but the iWorld is relentless in its opportunities and demands, giving no room for this.

I. Intro – 7-11, and Linda in Woodbury

- A. Daddy and I go to 7-11 late Saturday - still open!
- B. Linda needs something Saturday night in Woodbury
- C. Nothing is open - or Wednesday afternoon either!
- D. But today many things open Wednesday, some Sunday
- E. What is Sabbath? Is it relevant today in the iWorld?

II. Approaches To The Sabbath

- A. Background to our text - Sabbath legalism
 - 1. Pharisees said disciples were breaking Sabbath
One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” Mark 2:23–24
 - a. It was lawful to pick grain [Deut 23:25]
 - b. But Pharisees had rules saying not on Sabbath!
 - c. They had many rules for the Sabbath - to protect it
 - d. Jesus had many conflicts over Sabbath legalism [Mark 3:1-6]
 - 2. Jesus indicates they fundamentally misunderstand Sabbath
Then he said to them, “The Sabbath was made for man, not man for the Sabbath. Mark 2:27
 - a. They had turned it into a burden rather than blessing

- b. They gave into legalism - a constant temptation

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ. Colossians 2:16–17

- 1. Note Sabbath days just a shadow - fulfilled in Christ
- 2. Same as food laws - no longer binding
- 3. But some early Christians were being legalists
- 4. Also see Romans 14:5-6; Galatians 4:10
- 5. And some can do the same thing today

- B. Our text - the blessing of Sabbath rest

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

- 1. Jesus opposes legalism by going to the intent of Sabbath
- 2. Sabbath was made for us - not vice versa
 - a. Man existed before the Sabbath in Genesis 1-2
 - b. After creating man - the next thing is the Sabbath
- 3. Sabbath does not need us - we need Sabbath
- 4. Sabbath is not a burden but a blessing!

III. Understanding the Sabbath

- A. The word Sabbath refers to ceasing from activity
By the seventh day God had finished the work he had been doing; so on the seventh day he **rested** from all his work. Genesis 2:2

1. This is the foundation of OT Sabbath - God ceases
2. For God it is not about being tired - but stopping, enjoying what has been done
3. This basic idea is reinforced in OT Sabbath laws
Six days you shall labor and do all your work, ¹⁴ 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 ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may **rest**, as you do. Deuteronomy 5:13–14
 - a. The Hebrew word for Sabbath is noun form of verb used in Genesis 2:2
 - b. The law is to cease from work on the Sabbath
 - c. The purpose is to rest - a different word for rest (נָח)
4. So the basic idea to to cease normal activity to rest

B. Sabbath is given so we can rest and be refreshed

Six days do your work, but on the seventh day do not work, so that your ox and your donkey may **rest** and the slave born in your household, and the alien as well, may be **refreshed**. Exodus 23:12

1. Notice again the Sabbath is linked with rest (נָח)
2. The reason for resting is that we may be refreshed
3. 'Refreshed' verbal form of "soul/being" [Gen 2:7]
 - a. We might say to catch your breath
 - b. It means our soul/being is recovering

4. This applies to everyone - all creation
 - a. Notice all people and animals had to rest
 - b. Sabbath laws also said land had to rest
 - c. All creation NEEDS rest and refreshment
5. This is why Sabbath is a gift to us - we NEED it

C. Sabbath is given so believers may rest and remember redemption

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day. Deuteronomy 5:15

1. This aspect only applies to God's people
2. Sabbath is a weekly time to remember redemption
3. Our redeemed soul is renewed as we rest in worship
4. This aspect is a gift to believers - we NEED it

IV. The Relentless iWorld

A. Technology removes many creational limitations to work

1. Work was limited by daylight - no longer
2. Work was limited by yearly seasons - no longer
3. Work was limited by physical strength - but with machines we can keep going
4. Work was limited by location - no longer
5. There is good in this - but also much danger!

6. We are called to subdue creation - but not live without limits!
7. Technology can be trying to make us a machine - but we are not
8. Technology can not remove our need for Sabbath

B. iWorld's technology makes true Sabbath very difficult

1. Even if we are not personally working, the relentless iWorld continues to call us
2. The constant distractions do not allow rest, refreshment - much less remembering redemption
3. Formerly society slowed down for all - now it beckons us to get back in the rat race

C. The iWorld's "good life" requires relentless activity

1. Children must be in sports, music, school, and scouts - or else we are depriving them
2. We drive farther for the good job to buy better gadgets, have more activities - but no time for rest
3. Modern idea of a successful life - and its problems
"The overarching thesis is that it is time to rethink the common wisdom of how to achieve success: sleep four hours a night, work 20 hours a day, see your family rarely and never admit the need for downtime." Alina Tugend, NY Times, "A Budding Movement To Redefine the Successful Life" NY Times, June 15, 2013
4. Busyness is now a major pathology and problem
 - a. Living into Focus - members want help with

busyness; elders took 2 years to respond!

- b. African student noted Americans always busy - and then became that way himself!
- c. We like being busy - it means we are important and productive

"I suspected busyness was an issue more when I became a pastor. It did not matter where or with whom the conversation was - congregants, colleagues, friends - everyone talked about being pressed for time. The common question "How are you?" was often answered with "Busy," usually said with a small sigh. Yet many of us were secretly pleased; busyness is a mark of status and importance." Arthur Boers, Living Into Focus

D. The high price of our relentless world

1. Studies reveal lack of rest actually decreases productivity
2. Relentless pace produces stress and health issues
"If we don't redefine success, the personal price we pay will get higher and higher. And as the data shows, the price is even higher for women than for men. Already women in stressful jobs have a nearly 40 percent increased risk of heart disease and a 60 percent greater risk for diabetes. Right now, America's workplace culture is practically fueled by stress, sleep deprivation and burnout." Arianna Huffington (same NY Times article)
3. Relentlessness produces anxiety, depression, etc.
4. We need to get off the relentless wheel - Sabbath!

V. Applying the Word In the iWorld

- A. We must resist the iWorld's definition of "the good life" and success

1. Our mind, will, and soul have been shaped by false ideas
2. The good life is not found in gadgets - but God
3. The good life is not found in waging war on creational limits - but embracing them
4. The good life is not found in relentlessness - but rest
5. The good life is not found in success - but faithfulness
6. The good life is not found in the rat race - but the community of God's people, family, and friends
7. The trouble with the rat race is that even if you win, you're still a rat. - Lily Tomlin
8. To experience Sabbath we must reject this world's view of busyness, importance, success, and the good life
9. This is one reason we gather each week - to reorient

B. We must set boundaries to ensure Sabbath

1. Not about legalism - but without boundaries we will never get off the wheel
2. Some examples:
 - a. My recent struggle with email late at night - use off switches!!!!
 - b. Missing worship for study, work, catching up - we NEED to gather for spiritual refreshment
 - c. Guard gathering with God's people zealously!!!

- d. Our family practiced Sabbath from Saturday evening to Sunday evening - describe
- e. We did not let kids play in leagues with Sunday games or practices - we needed rest!
3. Negative - remove things that prevent real rest
4. Positive - set things you WILL do - and make life fit around that
5. We NEED sabbath too much to not set these boundaries

C. Communion - receiving rest for your soul

Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light. Matthew 11:28–30

1. Justification - we rest from our works
2. Sanctification - we rest in Christ rather than the world
3. Glorification - our eternal rest in His sufficiency

Resting In A Relentless World

Mark 2:27
 October 13, 2013
 Communion
 Matthew 11:28 - paraphrase

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

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. Mark 2:27