

Computer Generated Transcript - We're going to continue on with our series just called life you know kind of what the Bible says about different aspects of life we began a few weeks ago talking about a multigenerational church some of those the struggles that can happen with that but how we really believe that that is what the Bible teaches us how church should look we talked in week out of that just kind of about the purpose of the church in our lives and how we partner with it all last week we talked about work is worship all right which is always an interesting thing as as as you talk about those kind of things I always get lots of really interesting questions after I talk about working as any form of worship to God and not just as a way to earn a paycheck. Scuse me. But it's such a vital thing and so today last week we talked about work and today we're going to talk about rest all right if there is one thing that I would say we as Americans are terrible at as a whole it would be rest I'm not talking about laziness lots of us are good at laziness OK these are two very very different things all right to be able to rest and to just be lazy they're very they're not even close to the same all right and so we're going to talk about that this week we're going to talk about why it's so important I want to I want to challenge you with I thought if you never thought about this before that rest is holy all right to rest according to Scripture is holy now I am not saying that sleep is holy I am not saying that laziness is holy I am saying that rest is holy alright and it's an important thing for us to to get and I want to encourage you with that this morning so we're going to start talking about this all the way back in Genesis one OK Genesis Chapter one is where we begin we see this things and we see this story of creation right in the beginning there. It was God right and God spoke and we see all of this amazing things happen right and one of my favorite things if you've ever really paid attention I've talked about this in church before but one of my favorite things is we see God speak and light bursts forth OK so now all of you Bible scholars out there for me what day was the sun moon and stars created the fourth day right almost everybody says the first day the Bible says that light was created on the first day and he didn't create the sun moon and stars until day four just let that sink in for a second and how awesome Our God is all right just let that roll around in your brain for a little bit that light was before there was what we would consider light giving things all right God creates like then we see him you know separate the waters from the sky he begins to create the heavens and and we see God bring about land and he brings about vegetation and then we see God puts the sun moon and stars in place and he does all these things and then he creates fish and birds and he creates an animal and then he creates mankind right and thank goodness for that God creates man and here we are able to go through life together to see all of the things that he's created he does all these things and then there's something that happens that I think is so important and so many times we just look right over it Genesis chapter two verse one I'm going to read it if you like to read the same words as I do and you have the same electronic version you use Lagasse or you use you know maybe you version I'm going to read out of the New Living Translation this morning if you've got your own favorite That's fine but Genesis chapter two verse one all right so the creation of the heavens and earth and everything in them was completed on the seventh day verse two God had finished his work of creation so he rested from all his work and God bless the seventh day and declared it holy because it was the day when he rested from all of his work of creation so God speaks and everything is formed for six days and then he so tired out he needs a nap. Right is that what we believe about God is that is that what we think the all powerful all you know all all miraculous God was Tucker doubt. No the Bible gives us no indication that anything what was like that God saw what he had done and he chose to rest and why is that day holy he blessed it and why why is it holy. Because he rested so do you understand that when we rest according to Scripture we're showing an attribute of God. The holy attribute of God If God is holy and all he does is holy then if we rest like God that must be holy right that is very very simple math. To rest like God is to partake in a holy act all right there is an amazing book out there that I read a couple years ago called twenty four six alright it's by Matthew sleeth I would encourage anybody to pick up that book and read it Matthew sleep is he's not a pastor he is a he or was for many many years an emergency room doctor right so if any of you have ever been around doctors and particularly people who work around in the emergency rooms you would say that if there is any single group of people that would have a hard time finding a

consistent time of rest that might be at the top of your list. OK And I love his take he he shares all kinds of stories about you know decades in the medical field and doing all of these things I just really recommend you read it it's not a real big thick book it's a pretty simple one but it's a great book on rest and I'm going to I'm going to read a couple of quotes from that book this morning and so I want you to hear Here's the first one all right how can God top creating the universe and my wife and daughter the P.T.S.D. resistance comes out of left field up to this point everything has been created out of nothing but on the morning of the seventh day God makes nothing out of something rest is brought into being so argue about the name of that day or the time of its beginning or when it ends is the missed the point the word Sabbath means cease from working the concept is a Holy One the ancient Hebrews did not have names for the days of the week I want to stop right here one of the names of the days of our week. Sunday Monday Tuesday Wednesday Thursday we name our days in the ancient Hebrew times they did not have names for the days OK I'm going to want to pick back up here here is the not have names for the days of the week they had numbers one day to day three day four day five day six day and stop day but the name is not important it's what happens on that day that matters resting one day a week by any name is holy the point is the stop on that day and to look for God. All right the point is to stop on that day and look for God So how do we as Americans typically rest right most of us have at least one day or so a week you know maybe maybe not but right around that one day and so we're busy working our jobs and we get to our day off and what do we do we work. Right we get to our day off and we work we work on all the jobs around the house or all the other things that we want to do we work now am I trying to say that the only way to really do this right is asleep till noon and to do all those kind of things that's not what I'm trying to say if I said that some of you would be like that sounds like the worst day of my life honestly I like sleeping in it is a glorious time when not what our children will actually will be quiet enough for us to sleep you know past you know I mean we don't sleep super late even still but around nine that's a good day right I really enjoy being able to sleep then but. That's not what we're taught We're not talking about laying around all day the purpose of the Sabbath was not just to stop working. It's Skop day but the purpose of the Sabbath was to stop working and to connect with your Creator to find your creator now I would say that there are lots of ways to do that. There are a lot of ways for us to stop working to rest and to connect with our Creator All right some of you do it in a variety of ways one of my favorite If you've been around here very much you've heard me talk about it before this season that we're in right now archery season is one of my favorite ways to rest. To go and sit in a blind or to sit in a tree stand surrounded by all that God created and to just sit in be in the quiet is one of my most restful things that I do and one of the greatest times that I have in prayer and just spending it with God It is such an important time of my year now I probably hunt a little different than some of you to me a great day of hunting doesn't necessarily mean I'm killin something then taking some home that night to me a great day of hunting is just getting out. And shutting off my phone and being OK being surrounded by a guy connecting with him if I shoot something great but that's not what it's about for me it's about stopping. It's about connecting with my God And it's such an important thing for you Do you remember some of you in here certainly are not old enough to remember this and I'm only old enough because I grew up in Montana which is about thirty years behind everybody else OK. But do you remember how maybe when you were growing up were you remember long enough ago to where nothing was open on Sunday. Like nothing nothing was open there was maybe one or two restaurants that we all were like all of those people would only rest but then everybody from church went to them because that was the place to go eat anyway. But even gas stations were closed you had to plan your Sunday meal and everything ahead of time because all the grocery stores were closed I mean the world shut or at least the country for the most part shut down on one day a week this is not that long ago I remember this is a kid I remember there were like two restaurants open one of them was Taco John's and one of them was Pizza Hut right that was about it so Sunday after church those were basically your options fast food tacos or fast food pizza unless you went home and you had a meal you know that was kind of the other thing a lot of people would sit around a table and still eat then but now Chick fil A and Hobby Lobby are crazy for being closed on Sundays right

there was a new stadium that was built I think it's in Atlanta and Chick fil A want to bid right Chick fil A is in that new stadium I believe it's in Atlanta like I said and everyone's like oh why would you put it the way in there because every time or the day that everybody's in the stadium you're closed so everybody was kind of wandering the Chick fil A was going to be open on Sunday when people don't realize it's those big stadiums they run pretty much seven days a week and that Chick fil A is still closed on Sunday and everyone thinks it's bizarre but that the owner of that group just has a conviction that they can get done in six days what needs to be done. But they're weird how many I. No we drive through sometimes we're driving on a Sunday in our kids or they'll see a Chick fil A and let's not take away and I'm get all excited because I want to stop there to know that it's closed it's disappointing but it's good. Hobby Lobby is a strange thing the same way right you ever ran to do that I don't really go there much except you know some days I like to go sit in the science projects in the in the. You know look at the models while man he's in there buying whatever he needs to buy but it's kind of a neat thing but. It's closed and it's weird. You think we as a people. Are missing out on anything by failing to stop. You think that there is something inherently that we have lost as a result of our failure to stop I would say that there is I would say you can look back on this and now please I'm I'm about to be very like not super scientific here OK I'm not saying that I'm going to blame everything on this I just think that you see a lot more as as you look and you study trends and you study patterns you see burnout way more often now than you used to and I don't think it's because people are weaker I think it's because people don't stop. I think that the increase in depression is a result of people not stopping to heal there are a myriad of reasons for clinical depression this is not the only one please don't say well I can stop going to my doctor and go off all my of my meds if I rest one day a week that is not what I am saying OK but I think that people struggle physically. When we just never stop there is a price to be paid I am not saying God is cursing people either don't put words in my mouth just saying we benefit from stopping. And connecting with our Savior. There are so many benefits from that in Exodus Chapter twenty were given a list of commands OK were given the Big Ten the Ten Commandments thou shalt not's right there they are Add to this twenty the first three commandments are all about our relationship with God right if you look through there the first three commandments are all about you will have no other gods before me you won't take the Lord's name in vain It's all about our relationship with God the last six are all about our relationship with each other right don't lie don't steal don't don't want your neighbor's wife right I mean all of those are about it and right in the middle of that commandment number four we see the most extensive commandment that were given in Scripture the most detailed and specific commandment is Commandment number four and verse eight remember to observe the Sabbath day by keeping it holy I want to stop and just think it's the only one we're told to remember right you shouldn't lie cheat steal right you shouldn't do those things we shouldn't you know take the Lord's name in vain but this is the only one we're told to remember do you think that God knows what he's doing when he gives us these kind of things because it's easy to forget it to stop right. Is easy to just forget all of a sudden we've gone through three or four weeks and we're all of a sudden we're just exhausted and we're like I can't figure out why I'm so tired and then we sit down and we look at a calendar and we realize that for the last four weeks we haven't stopped one time right we haven't ever just been we've been moving over and over and over again and we pay a price remember to observe the Sabbath day by keeping it holy verse nine you have six days each week for your ordinary work but the seven days a sabbath day of rest what's it for but the seven days a sabbath day of rest. Dedicated to the Lord your God it's not enough just to stop. We dedicate a day to get. On that day no one in your household may do any work this includes you your sons or daughters your male and female servants your livestock and any foreigners living among you for in six days the Lord made the heavens the earth the sea and everything in them but on the seventh day he rested That is why the Lord bless the Sabbath day and set it apart as holy God didn't rest for him. He rested for us he rested to model what we need. To set apart a day for him to rest to recover and to read from this book again the ticket ten commandments were not a curse rather they gave freedom to those who possess them they defined the borders of the Hebrew world within those borders there was freedom

freedom under the law we have a tendency to circumvent the intent of good laws resulting in more rules being added Sabbath was meant to protect the worker and to set the stage for a celebration of God If our day of rest becomes a set of rules then the celebration and joy are easily subtracted and that is what we see as we transition from the Old Testament to the New Testament that concept is exactly what we saw there was a day that was to be set apart for rest and rather than rejoice in the goodness of the rule they did what so many of us do and they added a million other rules to the rules for every possible exception of the rule because we have to obey the rule no matter what happens because the rules the rules that have to follow rule. I can say that again if my life depended on it. Then take the Sabbath and they suck all the joy out of it right now I'm not going to ask for a show of hands. And if you ever sucked the joy out of an event you when you are in a bad mood or something go the way you want and you just sucked all the joy out of that day for everybody else. Probably we've been there at some point time in our life OK. They made a rule after rule after rule in the day that was set apart for their good became nothing more than another day where everything had to be a certain way or they were in big big big trouble they made rules for everything. Rules about every possible thing and that totally missed the point of the Sabbath and you see Jesus come to this earth and stand that on its head I know people are going to tell me well remembering the Sabbath is the only come and meant that isn't repeated in this in the in the New Testament and I agree you're right it's the only want to we are not bound to the law of the Sabbath that doesn't mean it's not good for us. Right there are things that you do because you have to do them and there are things that you do because they're best for you. And I believe the Sabbath falls into that but Jesus lived in a way where he stood this on his head on the Sabbath I'm going to quote from this book again so you're going to hear the doctor language happen right here if I can even pronounce these words right OK Jews live this way on the Sabbath he cast out demons Mark one twenty one through twenty eight Luke four thirty one through seven he here he heals scoliosis Luke thirteen versus ten through seventeen he shrieks shrinks peripheral edema I have no idea if I said that right Luke fourteen one through six he hears blindness John nine one through thirty four he feeds the hungry mark two twenty three three twenty eight he unlocks paralysis of the hand Matthew twelve nine through fourteen mark three one through six Luke six six through eleven and lowers a high fever Mark one twenty nine through thirty one Luke four thirty eight through thirty nine all of which ticked off the fairest sees. Every single time he did anything like this on Sabbath they accused him of blasphemy because he would dare to help somebody in need on the Sabbath day you want to talk about sucking all the joy out of something there you go Jesus comes and he says well I'm going to get there I don't want to jump ahead too far let me ask the question. When does the New Testament say Jesus gets angry in the temple if I ask this question this is the answer that you get almost every time and Mike I'm not making fun of you literally I guarantee you probably ninety five percent of the people in here would have given that exact same answer you're just the only one close enough for me to hear. Now I believe that Jesus was angry at what he saw in the temple don't misunderstand what I'm about to say I believe that there was anger involved in that but the Bible does not specifically say that Jesus was ever angry in that circumstance go there and look I'm not you don't have to take my word for it go and look just search cleansing of the temple you'll find it in Matthew OK It never specifically says that he's angry. I believe he was I believe he was angry at the injustice that he saw but there's only one time in the New Testament where Jesus is specifically mentioned as being angry. When one time. And it's found in Mark chapter three but we're going to stop for just a second before or yes Mark three Verse one. What happens in Mark chapter two is Jesus is walking down a road OK with with His disciples and they're hungry and it's the Sabbath Day OK And so they're taking stocks and they're crushing the heads in their hands and they're popping the wheat and the fair seas get ticked off OK they get really upset that they would dare to work OK how many they've ever done that I know I know we don't live in like super agricultural land right here but you've ever popped the head off a weed stock you crush it up in your hands and you just pop it I used to do that when I was bird hunting all the time you'd be walking in a wheat field hunting grouse or pheasants and you just be doing that you just pop those little weed heads you know blow away the chaff and just snack on it's a

good way to get more if you're going again it's all right this is what they were doing in the fairs these are like that is too much work I would ask if anybody doing that ever broke a sweat because of that. Right now walking if you did it like me I might have been sweating because it was hot and I was walking all over the place but it was never really hard work to pop the head off a stock or wheat in the get the wheat out of there now if you're going to do it in a huge batch that's fine but that's not what's happening they're doing it personally. And the Farriss are super upset. Because Jesus would dare to allow his disciples to do that again we talk about. Sucking all the joy. Out of something that was meant for our good Mark chapter three verse one this is the very next thing you happened if you look at the end of chapter two you will see what I just referenced so the very next story we read in Mark chapter three verse one so Jesus went into the synagogue again and he noticed a man with a deformed hand since it was the Sabbath Jesus enemies watched him closely if he healed the man's hand they plan to accuse him of working on the Sabbath do you hear what I just said if the Almighty super natural man who can just speak healing heals a man's hand that's too much work on the Sabbath this is not OK verse three Jesus said to the man with it before him the farmhand come and stand in front of everyone then he turned to his critics in Acts ask does the law permit good deeds on the Sabbath. Or is it a day for doing evil is this the day to save life or to destroy it but they wouldn't answer him. Because what they're trying to do completely contradicts what they know the right answer is right I mean that's a huge deal and be they're still trying to trick him so they can say oh yeah that'll be OK and then bust him for it five he looked around at them. Angrily this is the only time we see Jesus specifically mentioned as angry in the Bible. And was deeply saddened by their hard hearts then he said to the man hold out your hand so the man held out his hand and it was restored at once the Farriss went away and met with supporters of Herod to plot how to kill Jesus because he had dared to heal a man on the seventh. Jesus is angry because the fares These are taking something that was meant to be good he was they were taking something that was meant to be life giving to the Hebrew people and they had made so many rules and so many ugly things about it that it had seized to view what it was now they're trying to plot to kill him for him trying to restore what the day should be and you see he looks around and so only time specifically where Jesus is angry when he's defending the Sabbath if you look back to Mark Chapter two right before this there is a verse that is so important as it as it relates to this whole idea and Jesus simply says in that chapter in March after two that Sabbath the Sabbath was created for man not man for the Sabbath. OK The Sabbath was created for us. The Sabbath was created that men could rest mankind when I say what I'm saying then I'm not just talking about dude's OK mankind so mankind could rest and connect with God but they had sucked all of the life in joy out of the Sabbath and Jesus says you guys have messed this completely. Jesus was not saying you shouldn't rest he was angry because they had made it something it wasn't supposed to be the Sabbath was created for man. Not man for the Sabbath again I want to talk about I'm not talking about sleeping all day I'm not talking about laziness I'm not talking about never working again this is not what I'm I'm saying today but what I am saying is most of us in this room probably struggle with rest. Most of us in this room probably struggle with the fact that we are running twenty four seven ever ever ever listen to a mom today specifically a mom of teenagers. Just ask them about their schedule if their kids are in sports is running all the time there's no time to stop Wednesday nights Sundays they used to be sacred I'm not talking about in some way that that is bad but games and practices and stuff then usually happen on those days they didn't used to do that because they knew that kids needed a break but now the final product is more important than the health of the kid is really what I believe we've come to. So kids are running twenty four seven just like their parents have showed them to do because if we're honest as adults most of us stink at this. We feel lazy if we would dare sit down and breathe and have a cup of coffee and just talk to God because you could be getting something done during that time. Let me tell you. Sometimes there is nothing more important to be done than the sit in rest and connect with our Jesus. It is the most important act that we can do with that time it is a holy act because the God who created it rested. And is holy rest we should work as worship. And we should realize that rest is holy. So here's what I'm telling you to do just really practically OK Some of you

are never going to do this unless you schedule it because you live your life by your day timer. And your day timer is full I'm going to challenge you this week for those of you who know and I don't have to be labor this point anymore some of you know beyond a shadow of a doubt that if I'm going to ask you to stand up you're going to have to decide whether or not you want to go through it or not at the end because you know that what I'm talking about is you there's no doubt in your mind because you don't stop ever. Might challenge you schedule an hour start there if you can't make the whole day work and some of you can't you are so used to being overworked and tired that you literally couldn't probably give a whole day to rest yet I'm going to challenge you to take an hour schedule an hour to stop. And connect with God however that looks for you like I said For me one of the best ways to do that is in a tree stand. I love that time it's incredibly restful to me. I'm not saying you need to just lay on the couch or lay in bed now some of you you need to be honest with yourselves when you hunt it is not rest don't use me as an excuse Well Pastor Jason said Honey no. It's rest for me it might not be for you. Schedule a time to rest to connect with God however that looks for you some of you that might be in front of a fire with a cup of coffee and your bible in your lap. That's awesome some of you that might mean taking a walk turning off your cell phone. And just connecting with Jesus. Let me tell you what I truly believe before this is the last thing and then I'm done. I truly believe that these have become one of the greatest problems with rest in modern day America because even when we're stopped we're busy. We're checking scores we're looking at work we're eagerly anticipating like Sir comments we're doing our brain is never just stopped to connect with Jesus maybe there's a thirty second bouts and so Facebook Messenger gives you an alert or Instagram post something or somebody snaps you or whatever it is you do on here but for some of you to really honestly rest this thing needs to go off or in another room turn it off put it in another room I truly believe that this has become one of the greatest enemies to real rest. And I'm not I'm not saying throw away your phone it's not what I'm saying. I am saying maybe you need to turn it off. Maybe you need to just go put it on the counter if you're morally opposed to turning off your phone rest rest in this place I don't want to move on without doing a couple of things we saying lots of songs about it this morning we talked about it Chris talked about it during during worship to this morning through it through our songs. Jesus came to this earth this very Jesus that we just read about in in Mark who talked about the Sabbath and what it was really about came to this earth and he stood a lot of things on their head and he taught what life really was supposed to be about but he ultimately didn't come just to teach he came to die in our place and he did that two thousand years ago Jesus came to this earth and he gave himself as the final sacrifice needed in our place. And that's not the end of the story Jesus also rose he conquered sin and death and because of his sacrifice because of that new covenant that we talk about that's confirmed through his blood right his sacrifice and because he rose. We can be made right with God but the old is gone sin is forgiven and we stand new before Jesus and if you've never done that before we want to give you a chance to do that this morning. If you're in this place and you know what I'm talking about you you follow Jesus you've been in church you've you know you've you've done these things you've grown you've been through great times but you know that lately your life is not what it should be your life is about you not God. You have been making decisions that are all about you and they're not about God and you want to just hit that reset button this morning. You want to reset your yourself on Jesus and I knew. When to give you a chance to do that this morning as well all right we're not going to call you up I'm not going to bear so you're not going to stand I'm going to ask you to pray with me at the end I'm going to have you raise a hand if you want to do that all right some ask everybody put their heads down close our eyes if you're in this place in your own group number one you've never chosen Jesus you've never received that forgiveness that happens because of his sacrifice. And this morning you'd like to I'd like you to just raise a hand we want to pray with you we're not going to wait long we're not going to be labor this I don't like to motivate out of guilt I just want to give you a chance to respond anybody at all you're in here you've never chosen Jesus. And this morning you're ready All right we're going to move to that second question maybe you're in here. And you know what it means to follow Jesus you've done it but you know lately you have not lately you have followed you

10-08-17

and not God. And this morning you're ready to just say God I'm sorry. I need to do this differently. I'd like you to raise your hand we want to pray with you is anybody at all all right you can look at me so here's the deal there's only two types of people in this room people that are actively serving God or people who aren't and you're not ready to yet if you're in that second group I want you to know we're praying for you all right we believe that these are the most important decisions you can make but only only you can make them and that only happened with God All right. But that leaves all of us in here all of us who are Americans all of us who struggle with this and I am going to ask you this morning if you struggle with this if you know this morning. That this is an area where unless you say it out loud and you you know you demonstrate the fact that this isn't right you know it's not going to change. I was going to ask you to do something bold this morning even though it shouldn't be that bad because we're surrounded by family. But if you know this is an area where you really need to work on and you just have not been resting with God. And this morning you just want some people pray with you because you're tired. You're spent. And you need God's refreshing touch to come on your body and your mind in your spirit. We want to pray with you about that want to join with you in that So if that's you I'm going to ask you this morning stand. Every head up every I open I'm going to ask you stand Don't miss a moment. OK I'm going to wait just a few more minutes this is not you saying you're terrible at life and God hates you that's not what we're saying. We're just saying I haven't stopped and it's taken a toll. And I need people to pray with me just a couple more seconds or anybody else I want stand right before we move on here all right all church. Your brothers and sisters are standing around you I'm going to ask you not to move all the way across the sanctuary but if there is someone standing close to you when I ask you to just move toward them put a hand on a shoulder and start to pray right God I thank you for not just giving us a good way but for giving us the best way. That I thank you that on the seventh day. You didn't do more work but you rested you modeled exactly what we would need and this morning I pray for all those who are standing. God I pray that you challenge them to rest God remind them to rest help them to remember. To rest. To connect with you to recharge in this morning God as they stand tired. Maybe exhausted for some of them is a better word drained I pray for refreshing. I pray for renewing God I pray for your presence to fill them restore. A new god you are good and I thank you. For what you do for who you are be with us Jesus in your name I pray. A man a man have a great afternoon and don't forget to rest.