

The Issue of Rest.

1. God thinks that Rest is a good idea!
 - He invented it and modeled it for us.

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

2. God thinks that Rest is so important, He commanded us to have some regularly.

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 servants, nor your animal – not even the guest that is staying with you. 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.

Exodus 20:8-11

Note – No other commandment is as strongly emphasized as the Command to Rest!

... in fact, breaking carried the Death Penalty!!

Observe the Sabbath because it is holy to you. Anyone desecrating it must be put to death. For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day must be put to death.

Exodus 32:14-15

3. Because of our inherent *Driveness*, the Pharisees instituted strict laws to keep people resting.

... but like so many good things, the intent of their laws had turned into strict legalism!

... this legalism is what Jesus is confronting.

Jesus said to the Pharisees, “The Sabbath was made for people, not people for the Sabbath . . .”

Mark 2:27

Today's Question:

- “Which is lawful to do on the Sabbath: to do good or to do evil, to save life or to kill?”

Is really a question that goes to the heart of our faith:

- Do I keep the Sabbath because I have to?
- Do I keep the Sabbath because I love to?

Do I keep the Sabbath?

... Or *does the Sabbath keep me?*

Problem: When legalism invades my faith God doesn't look so beautiful to me.

... and I don't look so beautiful to others!

⁵Jesus looked around at the Pharisees in anger and, deeply distressed at their stubborn hearts, said to the man with the withered hand, “Stretch out your hand.” He stretched it out and was completely restored.

⁶Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Mark 3:5-6

How do I confront my legalism?

- I ask the “*have to*” vs. “*love to*” question.
 - “*have to*” usually means I’ve forgotten something important.
- I focus my bible study on Jesus!
- I look for ways to serve vulnerable people.

