Sabbath 2

August 12, 2018

**Prayer:**

**Intro:**

Today is sabbath as it relates to work and what to do on Sabbath days

Sabbath month isn’t a biblical mandate it’s about setting rhythm

We sabbath because God said to, not because it is useful to us in accomplishing something.

**Work**

Work is not sin nor a product of the fall of mankind

Work was given to us before the fall (Gen. 1:28, 2:15, 2:29)

 Rest without work is laziness (Prov. 10:4,5; Prov. 12:24)

 Work without rest is slavery

Workaholic compared to alcoholic- no alcohol is good for a recovering addict; no work isn’t good.

Worshiping work is a sin

Worshiping achievement is an idol

 Sabbath allows us to worship God not the created things

 We should worship the giver of good things not the things left over after the curse

 Don’t worship toil, thorns, and thistles

Sin perverted our garden experience and work became toil

 Genesis 3:17-19 – the ground was cursed with thorn and thistles

 Mark 15:17 – Jesus took the curse of the thorns as his crown

Sabbath lets us taste life without the curse

How do we work without idolizing it?

Determine if you live life before the curse or after it

 Are you satisfied with the work you do?

 Do you trust God to take care of you and the things in your life?

 Do you plan ahead so you can rest?

 Do you think about how to honor God in Sabbath?

 Do you brag about your scars from working so hard instead of giving credit to God?

 “Why do we think peope will value our luxury more when we had to pay such a high price for it.” (Swaboda)

 Do you have time to reflect on your creativity?

 Is your work impulsive?

Admit that your work will never be “done”

Consider Genesis 2:1,2 *And on the seventh day God ended His work which He had done, and He rested on the seventh day…*

How did God both finish His work and rest on the seventh day.

Work and rest are both part of the life God created. Jesus is both “Lord of the harvest” (Matthew 9:38) and “Lord of the Sabbath” (Matt. 12:8)

**What to do on Sabbath**

We live in a messed-up system

 My life as example: (Elizabeth in Germany)

 I take sabbath on Monday

 My wife tries to take sabbath on Monday, but someone has to take the kids to school

 What about funerals and emergencies?

Jewish law said sabbath was:

 NO… kneading, baking, slaughtering animals, hammering, dying wool, strenuous activity, traveling, worrying, earning money, trying a knot, planting, harvesting, cutting fingernails, boiling eggs, lighting candles etc.

 Each of these had merit but we need grace more than legalism.

Subversive sabbath says sabbath is:

 NO screens

 Adrenaline spikes every time your phone buzzes or rings

To determine what to do we should, “be quick to realize that our question should be less about certain activities and more about how we are posturing our hearts.” (swaboda)

Sabbath must start with worship

 Invite God to direct you

 Invite God to provide for you

 Give yourself permission to stop

 Selah means pause not figure out how to work harder to figure out what God is saying.

 Give yourself and others **grace**

Consider if these elements are in your sabbath

 Prayer, the Word, family, friends, sleeping, time of nothing, listening to God, music and song, life giving activities

Mark 3:4

Jesus asks, “Is it lawful to save a life or destroy a life on the sabbath?”

Is your sabbath activity life giving?

 Do you wake up the next day more tired?

 Were you the main focus or were you obedient to God’s directions?

 Did I destroy someone else’s sabbath to get mine?

Do “life giving” activities for others without trying to be their savior

 Are people dependent on you or on God?

**Conclusion:**

Do you need healing for the way you work?

 Those that idolize work

 Those that don’t work

Do you need God’s direction in how to Sabbath?

 God will bring you practical steps