

# INSIDE OUT: God's Calling, Our surrender

**God's Calling for Sabbath Rest:** (Ex. 31:12-17; Isaiah 58:13-14)

(Calling to Leaders, on each of our lives, to the Church, to women of this generation, -sabbath)

**Pendulum:** big swings; Big extremes: (First Century: 10 com. to 608 com. =Legalism/ Today= License No one observes the sabbath as God intended it) – Using it the wrong way (my new airpods) ...misused it/misunderstood it. =Us w/ Sab

**1. What is the Sabbath?** The word *Sabbath* literally means to cease, to stop doing what you were doing. This comes from **Gen. 2:1-3** “Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it **He rested** from all the work of creating that he had done.” God in His perfection didn't need rest; He wasn't tired. He wasn't spent. *He was finished however*, so after six days of Creating, He stopped; He ceased creating. He Sabbath. **Just as Jesus did not need to be baptized by John the Baptist in the Jordan river, Jesus modeled for us what baptism is as a spiritual reality; and how we are to be baptized as the spiritual symbol of our death to the old self and being raised to new life – so God did not have to rest (but God the Father) modeled for us the reality that in six days we get our work done, our chores done, our errands done, and on the seventh day – we are to CEASE/to stop our routine and responsibilities and we are to REST in the Lord.**

Lev. 23:3 “Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. **You shall do no work.** It is a Sabbath to the Lord in all your dwelling places.”

**2. Why did God give us a weekly Sabbath?** **READ** Ex. 31:12-17 “Now the Lord spoke to Moses, saying, <sup>13</sup> “Now as for you, speak to the sons of Israel, saying, ‘You **must keep** My Sabbaths; for *this* is a sign between Me and you throughout your generations, so that you may know that I am the Lord who sanctifies you.=**Sabbath was a covenant sign btwn Holy God & His people (=unholy and who needed to be made holy by the Lord); the day was set apart (holy day) as a reminder that we need God's presence; His holy provision; His purity;** <sup>14</sup> Therefore you are to keep the Sabbath, **for it is holy to you. =big deal to God.** How big??? Everyone who profanes it must be put to death; for whoever does *any* work on it, that person shall be cut off from among his people. <sup>15</sup> For six days work may be done, but on the seventh day there is a Sabbath **of complete rest, holy to the Lord;** whoever does *any* work on the Sabbath day must be put to death. <sup>16</sup> So the sons of Israel shall keep the Sabbath, to celebrate the Sabbath throughout their generations as a permanent covenant.’ <sup>17</sup> It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased *from labor*, and was refreshed.” God in mercy and wisdom knew that we as humans not only needed biological break, to cease from work and to rest physically, & mentally (each week), but that we needed a weekly reminder to be spiritually right w/ God. The Sabbath day is consecrated for no work & to focus our heart on God!! *The Sabbath is a gift to us-a weekly reminder that we NEED God in every area of our life*

**A.** We need MORE **God** in our life *daily*; **B.** We need MORE **REST** in our life weekly

-Mark 2:27 “The Sabbath was made for man; not man for the Sabbath; Jesus is Lord of Sab.”

**\*\* -God created us to have to have rest: (7-8hrs sleep every day; every seven days, we need to break from the routine of work, to let our bodies/minds rest and recover; our animals (farm/ag. life); our employees (servants); our society in all its business = everyone needs a weekly break. But for what? What are we supposed to do on the Sabbath??**

### 3. What are we supposed to do on the Sabbath? (FIVE) Purposes of Sabbath:

A. **Stopping:** Cease/stop from our weekly work responsibilities

B. **Resting:** to intentionally rest, relax, recover, sleep more (nap), slow-down pace

C. **Delighting:** To Delight in the Lord – to find Joy in Him first *and MOST =pursuing HIM undistracted and unhurriedly.*

D. **Worshipping:** To Worship – to gather with the local Body of baptized, Believers for corporate worship/disc; to mutually encourage/edify each other; to LOVE & serve each other!

E. **Renewing:** Renewing your bond with your family – as Christ is the CENTER of your home-home activities as a family; worship as a family; eat together as a family; rest together family

**-Sabbath is not just an idea or an event, but it is a literal DAY:** A day that is a **GIFT** from God to us that we would learn to *practice* rest & cease striving; that we would learn the discipline of sabbath rest; part of our spiritual formation, our sp. growth to become mature disciples of Jesus (that we know the value of obedience to honor the Lord and keep the sabbath day holy (Ex. 20:8); that we know the value of resting in the Lord; and cultivating a spirit of restfulness throughout all the week- a spirit of completely trusting the Lord with our lives and time, trusting Him for His provision; trusting Him for His peace and willingness to bear our daily heavy burdens. To find rest in Him; to lay our heavy sp. burdens before Him!

-The Lord has called each of us to **PRACTICE** the spiritual discipline of **REST**; to cease; to stop; to trust; to enjoy Him as our sufficiency. To seek Him; to delight in Him; To crave Him  
*-We get so bored so quickly. Try turning your phone off for 1 hr. And then go wait in line for something. In traffic; No radio; no TV; no phone. How long can you last? In an age of instant gratification, of instant information; of instant social status updates; - can you do a phone fast? Just to quiet your heart; to listen to God's voice as the loudest voice in your life?*

### 4. How long is the Sabbath and what day of the week are we to honor the Sabbath?

God set up the Sabbath for 24hrs. Sundown to sundown = **1 full day** O.T. =(Fri. pm/Sat. pm)

-The day of the week is less important (\***controversial**/Col 2:16-17; Acts 20:7; 1 Cor. 16:2); . . . . but rather that every 7<sup>th</sup> day you honor the Sabbath as designed by God – even in N.T. -

knowing that Jesus Christ is OUR Sabbath rest & all Levitical laws/practices pointed to Christ

-\*What would it look like for you(family) to commit/dedicate 24hrs each week as a family to Stopping; Resting; Delighting; Worshipping; & Renewing? **Sat. Pm/Sun. Pm NO sports/errands**

### 5. Has God relaxed His views of the Sabbath? Since we are in N.T./NOT under Law/grace

-Since we are IN Christ – does it make any difference if we observe the Sabbath/not?

*(if He has, then which of the other 10 commandments has He also done away with?? =moral law based in His Nature/heart=eternal laws which surpass time, culture, lang. custom, people*

**\*\*READ Isaiah 58:13-14** “If, because of the Sabbath, you restrain your foot From doing as you wish on My holy day, And call the Sabbath a pleasure, *and the holy day of the Lord honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word [vs. God's truth],* <sup>14</sup> Then you will take delight in the Lord, And I will make you ride on the heights of the earth; And I will feed you *with the heritage of Jacob your father, For the mouth of the Lord has spoken.*”

-The Sabbath was God's idea; It was a good and merciful gift to His children to rest/enjoy Him  
-The Sabbath existed and still exists as a reminder of our daily need of the Lord; of Jesus as the perfect fulfilment of the Law and of the intention of the Sabbath.

-God knew in eternity past (even in 2023) we would crowd Him out of our busy lives & create new and non-eternal priorities in our lives which would replace the Lord/Presence. =**chaos!**

**6. What happened every seven years in Israel? (Lev. 25) Sabbatical Year of Rest/Renewal**  
Everyone ceased from farming the ground. It forced everyone to be efficient and productive for six years; to save up; store up; then to rest for a year. No war; No planting/harvesting; just play, worship, & rest! Slaves were let go; Animals rested; fields lay fallow.

=What happened when Israel ignored the command to cease/rest ground every seven years?

**-God judged Israel in their unfaithfulness for profaning the sabbath; God judged them and punished His covenant people for forgetting the purpose of the Sabbath & the Sabbatical seventh year; SO... He exiled them for 70 years to Babylon (the exact number of sabbatical years they forgot, ignored, & rejected God's sabbath commands). =serious!!**

**7. What does it mean that Jesus is the Lord of the Sabbath? Matthew 12:8** "Jesus is the Lord of the Sabbath" -Hebrews 4:9-11 "Consequently, there remains a Sabbath rest for the people of God. <sup>10</sup>For the one who has entered His rest [salvation] has himself also rested from his works, as God did from His. <sup>11</sup>Therefore let's make every effort to enter that rest, so that no one will fall by *following* the same example of disobedience [Israelites]."

**-The Bible (O.T./N.T.) in part exist as a holy reminder of *How NOT to live*** (i.e. to reject or take lightly God's commands and provision for our lives; =a warning for us today Sabbath matters to God and why He created it).

**-The Bible also teaches us that Jesus is the perfect fulfillment of the Sabbath (He is our rest; He is our Sabbath hope; He is our renewal & center of our worship every day!!)**

**-Remember – we won't get this perfect this side of heaven, *We can't; He did!!***

**-So IN CHRIST, with Spirit's filling and Help, we are to Honor the Father's command:**

**"Honor the Sabbath day and keep it holy"** -What will that look like for you in your relationship with Jesus? How does this change your perspective of Sunday? *Weekly worship?*

#### **APPLICATION:**

-This message is NOT to beat you up; to make you feel guilty or less than; NOT to push you to legalism; or pride/self-righteousness; BUT it is a reminder of what the Lord wants for you; created for you: Created you for!! *This is reminder that God wants His best plan for your life and He knows best.*

**\*(Allergies) Some of you might be allergic to *this* biblical instruction -To honor the Lord of the Sabbath:**

(it does not fit into our current society; your current lifestyle) This means that to be obedient to the Lord (in all ways) you will have to give something up; to say NO to some good things in order to say yes to the best things for you and for your family; *this a Gospel No & and a gospel yes.*

-To be obedient to the Lord, means it will cost you something (always hard; obedience is never the easy path).

**1. What things do you need to stop doing?** What do you need to begin to do? Weekly? *Rhythm*

**2. As a family, start where you are.** What do you need to add to your weekly rhythms? (family devotionals/prayer time/Family night/weekly worship/Time w/other families/**Comm. Group**. Consider the cost; pray on it; develop a plan; began to execute it week by week; semester by sem

**3. Gospel reminder:** We can't; He did!! In light of what He has already done for us in grace, how do we now live for Him/with Him/In HIM?????? How does our life/week/priorities look diff.??

**\*\*\*What is a Pastoral Sabbatical?** Every seven years, the Elders have allotted extra time off for the full-time staff to get away to hear from the Lord, rest, and spend extended time with their family.