

# Sabbath

Some thoughts from  
the Scriptures on  
working from rest.

# Rest

Matthew 12:1-4 / Pastor Nick Lee / August 13, 2023

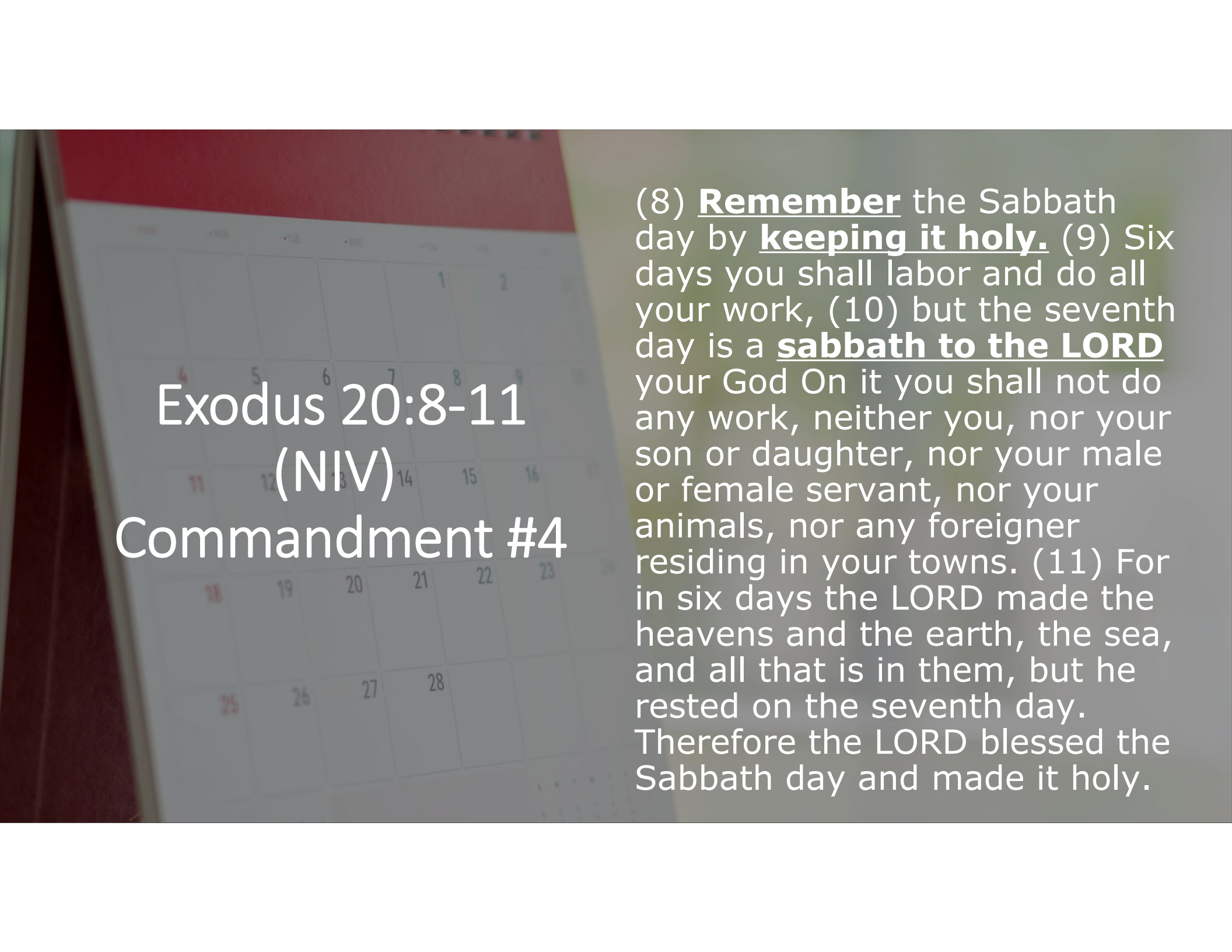
# Sabbath

- Familiar: Because we've heard it in church.
  - Sabbath as a day like Sunday. Where we don't work and go to church.
  - Sabbath as a day where we do nothing.
  - Genesis: at creation when God rested on the seventh day after creating the world in six days (See Genesis 2:1-3 let me read that to you). Unfamiliar because of the gap of time.



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Exodus 20:8-11  
(NIV)  
Commandment #4

(8) Remember the Sabbath day by keeping it holy. (9) Six days you shall labor and do all your work, (10) 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 male or female servant, nor your animals, nor any foreigner residing in your towns. (11) 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.



## *What day of the week do we Sabbath? 1 out of 7*

(16) Therefore, no one is to act as your judge in regard to food and drink, or in respect to a festival, or a new moon, or a Sabbath day-- (17) things which are only a shadow of what is to come, but the substance belongs to Christ.

Colossians 2:16-17 (NASB)

(5) One person values one day over another, another values every day the same. Each person must be fully convinced in his own mind. (6) The one who observes the day, observes it for the Lord, and the one who eats, does so with regard to the Lord, for he gives thanks to God; and the one who does not eat, it is for the Lord and he gives thanks to God. Romans 14:5-6 (NASB)



There is no true "rest" in religious rituals,  
Jesus gives the Sabbath meaning!  
(Matthew 12:1-8)

(1) At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. (2) Now when the Pharisees saw this, they said to Him, "Look your disciples are doing what is not lawful to do on a Sabbath. (3) But He said to them, "Have you not read what David did when he became hungry, he and his companions-- (4) how he entered the house of God, and they ate the consecrated bread, which was not lawful for him to eat, nor for those with him, but for the priests alone? (5) Or have you not read in the Law, that on the Sabbath the priests in the temple violate the Sabbath, and yet are innocent? (6) But I say to you that something greater than the temple is here. (7) But if you had known what this means: **'I DESIRE COMPASSION, RATHER THAN SACRIFICE,'** you would not have condemned the innocent. (8) For **the Son of Man is Lord of the Sabbath.**" Matthew 12:1-8 (NASB)



Love is greater  
than  
legalism.(Matt. 12  
:9-14).

(9) Departing from there, He went into their synagogue. (10) And a man was there whose hand was withered. And they questioned Jesus asking, "Is it lawful to heal on the Sabbath?"-- so that they might bring charges against Him. (11) But He said to them, "What man is there among you, who has a sheep, and if it falls into a pit on the Sabbath, will he not take hold of it and lift it out? (12) How much more valuable than is a person than a sheep! So then, is it lawful to do good on the Sabbath? (13) Then He said to the man "Stretch out your hand!" He stretched it out and it was restored to normal like the other. (14) But the Pharisees went out and conspired against Him, as to how they might destroy Him. (NASB)

Verse 14 (NIV): But the Pharisees went out and plotted how they might kill Jesus.

**"The Sabbath is a safeguard reminding us there is more to life than work. ... The Sabbath sanctifies time through rest and inaction a 'sacred stasis'. We don't keep the Sabbath, the Sabbath keeps us. Work is a gift from God, but work is not our God... We set aside our anxieties and busyness, our pursuit of more, and we recognize that our refuge is God alone...There is a danger: We can externally observe a day of rest while remaining restless. I know of people who sit in church, taking notes, not on the sermon, but for tasks they need to accomplish. They are unable to disengage from the workweek and they are watching the clock; they can't wait till Monday to fret over their week.**

**Robert Leroe "Sabbath as Defiance"**

# Science and Society agrees

- In the U.S. symptoms of depression and anxiety are on an eighty-year upswing among youth and a twenty-year upswing among the adult population. (2019).
- Since 1985, men and women have reported lower levels of life satisfaction.
- In the 1980s researchers asked survey participants how many people they had discussed important personal matters with the most common answer was "three". By 2006, the most common answer was "zero." (Church-community). But, I think as much the answer is we need time alone to be and share with God. (Psalm 23:2-3: Lie down in green pastures, Lead us besides still water, restores our souls).
- Time away from work boosts your immune system. Decreases.
- Study found: people who sit for > 8 hours a day have elevated risk for death and major cardiovascular events than those who sit for < 4 hours a day.



# Two Big Challenges to establishing a Sabbath



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coun·ter·cul·ture

/ˈkoun(t)ərˌkəlʃər/

*noun*

a way of life and set of attitudes opposed to or at variance with the prevailing social norm.  
"the idealists of the 60s counterculture"

GOAL: 1 out of 7 days, but it can get Messi



# Practical Considerations

**Just get started- the goal is one day out of seven. Treat it as a process. So three hours of Sabbath is still better than zero.**

**When I work am I working for God?**

**When I rest am I resting for God?**

**Does my resting "refresh" me for work?**

**How does my resting include devotion to God? (Keep it Holy- Resting to the Lord).**

**Understand that one person's resting is another's person's work. Sabbath may not look the same for everyone!**