

# Talk It Over

RHYTHM  
(Week 5)  
RESTING

## SMALL TALK

1. Describe a time when you were completely spent. How did this affect you physically, emotionally, psychologically, and spiritually?

## VIEWPOINT

2. **READ Genesis 2:2-3; Exodus 20:8-10; Luke 4:16; and Mark 2:27.** Why did God set apart the Sabbath “as holy”? What is the Sabbath rhythm for?
3. **READ Matthew 28:1; Acts 20:7; Revelation 1:10.** What took place that shifted which day was set apart as “the day of the Lord”, shifting from the last day of the week (Saturday), to the first day of the week, (Sunday)?
4. **READ Colossians 2:16, Romans 14:5.** How does Paul address the controversy about the “Sabbath” day?
5. **READ Hebrews 10:25.** How does the Sabbath rhythm of “rest” and “assembling” together intersect? Why doesn’t an introvert get a free pass on this command in Hebrews?

## GETTING PERSONAL

6. What is the truth in the statement, “If the devil can’t make you sin, he’ll make you busy”? How does being too busy harm you?
7. How can you be more intentional about setting apart one day a week for God, by resting, worshipping, and being renewed in Him?

## PRACTICE!

8. A Sabbath routine does not replace your “Devote Daily” practice. How might it refresh and renew your everyday life with God?

July 25, 2021

## Rhythm

Reclaiming God's design for spiritual vitality.

### (Week 5) Resting

By design, we need a rhythm of rest. The right amount of sleep is not a waste of time. This is true even if we sleep 1/3 of our lives.

By the way, if your wife says to you, *“All you do is work, work, work, we hardly spend any time together anymore”*, here's a little word to the wise, do not answer her with, *“That's just not true, we spend a third of each day together, you don't remember because you were asleep.”*

Don't let the ones you love the most be the ones you see the least!

#### I. **We have a PROBLEM**

It is a rhythm problem, a rest rhythm problem. We are too busy for our own good. Someone once said that if the devil can't make you sin, he'll make you busy.

Being constantly busy has a way of breaking your connection with God, people, and your own soul. It seems weird to say our own busyness causes us to be out of touch with ourselves, but it is true.

#### **4 great Inventions with unintended consequences**

- **The Clock.** Great invention. We still let God rule the Sun, but now we let our employers rule the clock.
- **The light bulb.** Great invention. Now we don't need to worry about running out of candle when we are burning it at both ends.
  - Did you know that before the invention of the **clock and the light bulb** the average hours of sleep a night for people back then was 11 hours per night!
- **Coffee.** Great invention. So now we can function on 7.5 hours of sleep (the new average) or less.
- **Pocket Computers.** Great invention. So we can fill in EVERY SPARE MOMENT. Great inventions right?

## But we have some UNINTENDED CONSEQUENCES

- our relationships are suffering
- we are more anxious
- less happy
- and less thoughtful (in every sense of that phrase)
  - According to a number of studies, our attention span is dropping with each passing year.
  - Continuous partial attention is our new normal.

Some have said that goldfish have an 8 second attention span, and some say most people in our culture have now dropped below the attention span of a goldfish. Whether that is really true or not, I don't know. What I do know is that as a culture, we have a problem.

## What's the solution?

### II. We need the SABBATH rhythm

*Exodus 20:8–10 (CSB) Remember the Sabbath day, to keep it holy: <sup>9</sup> You are to labor six days and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God...*

*“But I thought we are in the New Covenant and keeping the Sabbath is an Old Covenant thing.”*

Is it? Sabbath was from the beginning.

*Genesis 2:2–3 (CSB) On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.*

Sabbath was before the nation of Israel. The Sabbath was before the Mosaic Covenant, before the Law, before the nation of Israel. It was FROM THE BEGINNING. It was declared to be “holy.” God declared a day as “Holy,” or set apart. And it is set apart for a reason. It is set apart for God.

Do you have a day that is different from every other day of the week as it relates to God? Jesus did.

Sabbath was Jesus' weekly routine.

*Luke 4:16 (CSB) He came to Nazareth, where he had been brought up. **As usual**, he entered the synagogue on the Sabbath day and stood up to read.*

“*As usual*” means Jesus included the restorative Sabbath practice of joining in public worship every week. This was his habit. His every week practice, as USUAL!

Something else could be said to have happened “as usual” for Jesus on Sabbath. **Jesus often caused a controversy on Sabbath** because Jesus did not think of the Sabbath the same way the religious elite of his day did. At one such controversial moment we read:

*Mark 2:27 (CSB) Then he told them, “The Sabbath was made for man and not man for the Sabbath.*

- Sabbath is a practice God gives us as a gift. We neglect this gift to practices to our detriment.
- So why is it that although we love God, and we love him deeply, that we have forgotten how great it is to just sit with God and enjoy his presence?
- We function best when we learn to spend time with God, and with other believers, and leisurely enjoy the gift of life with the people you love.

Sabbath was Jesus' weekly routine.

**Sabbath was the Apostles weekly routine.**

Like Jesus, they did not keep the Sabbath legalistically. In fact, their Sabbath day shifted from Saturday to Sunday. Let's take a quick look.

*Acts 20:7 (CSB) On the first day of the week, we assembled to break bread...*

- Paul asked that the church take a collection on “the first day of the week” (**1 Corinthians 16:2**)
- John referred to it as “the Lord's day” in (**Revelation 1:10**).

For Christians (especially Gentile believers) keeping the Sabbath shifted from Saturday, the last day of creation week, to Sunday, the first day of the week. Why?! The Resurrection! The WORK of God that eclipsed the celebration of God as creator. We now celebrate our creator God as Savior, deliverer, and RE-Creator!

**And yet, in our culture, we are like children who resist resting! We pitch a fit. Rest? Never!** We fill “*Our* spare time”, “*our* days off”, and “*our* vacation” our own way! We fill “*our* time” with **screens**, and **scrolling, posting, and watching..., and, and, and...** And yet if we have ears to hear today, we hear the quiet echo of Paul’s words, “*Do not conform to the pattern of this world...*” (Romans 12:2)

We have been squeezed into a cultural mold, conformed to the wrong rhythm.

Too many people today worship their work,  
work at their play,  
and play at their worship.

### **5 second pause**

Real rest is not found in a day. Real rest is not found in a week or a string of days. REAL REST IS FOUND IN A PERSON. You might want to write this down. REAL REST IS FOUND IN A PERSON. It’s the most important point, and it’s not on your outline.

*Colossians 2:16–17 (CSB) Therefore, don’t let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. <sup>17</sup> These are a shadow of what was to come; the substance is Christ.*

The Sabbath day is a shadow of what is to come; the substance is Christ.

Christ shouted his victory cry from the cross, “*It is finished!*”

This is why he can say what we started with at the beginning of this series, and so, we go there again as a fitting conclusion.

*Matthew 11:28–30 (The Message)* “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest.<sup>29</sup> Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace...”

How do you need to come to Jesus today? We all need him. What is your best next step for learning from Jesus “*the unforced rhythms of grace*”?