

## Breaking Free From Busyness, pt.2

9.23.07

### Introduction

In *The Twenty Four Hour Society*, Martin Moore-Ede says our most notorious industrial accidents in recent history—Exxon Valdez, Three Mile Island, Chernobyl, the fatal navigational error of Korean Air Lines 007—all occurred in the middle of the night. When the USS Vincennes shot down an Iranian A300 airbus killing all 290 people aboard, fatigue-stressed operators in the high-tech Combat Information Center on the carrier misinterpreted radar data and repeatedly told their captain the jet was descending as if to attack when in fact the airliner remained on a normal flight path. In the Challenger space shuttle disaster, key NASA officials made the ill-fated decision to go ahead with the launch after working twenty hours straight and getting only two to three hours of sleep the night before. Their error in judgment cost the lives of seven astronauts and nearly killed the U.S. space program.

We ignore our need for rest and renewal at the peril of others and ourselves.

1. Sabbath definition – God gifted mankind with the Sabbath day for the purpose of reflection, renewal and restoration by spending quality time with Him along with family and friends in simplicity.
2. Review last weeks message
  - a. Not answer all the what abouts
  - b. It's a day of restoration, reorientation, relationships, remembering, reflection & rejoicing
  - c. Video in 2<sup>nd</sup> service; Lumberjack story in the 1st: The story is told of two men who had the tiring job of clearing a field of trees. The contract called for them to be paid per tree.

Bill wanted the day to be profitable, so he grunted and sweated, swinging the axe relentlessly. Ed, on the other hand, seemed to be working about half as fast. He even took a rest and sat off to the side for a few minutes. Bill kept chopping away until every muscle and tendon in his body was screaming.

At the end of the day, Bill was terribly sore, but Ed was smiling and telling jokes. Amazingly, Ed had cut down more trees! Bill said, "I noticed you sitting while I worked without a break. How'd you outwork me?"

Ed smiled. "Did you notice I was sharpening my axe while I was sitting?"

The Sabbath is meant to keep us sharp.

d. By keeping the Sabbath we are breaking the cycle of busyness.

### 3. The Sabbath as a day; the Sabbath as a lifestyle

#### Mark 2.23 – 3.6

- I. Introd –
  - a. Jesus used the Sabbath to teach, heal, worship & fellowship with others.
  - b. 2 events; the Pharisees had developed many man made rules; they strictly enforced Scriptural rules while forgetting mercy (Matt.12); they had rather a person remain sick than be healed, b/c healing would be considered a work.
- II. Mark 2.23 – 28
  - a. V.23f – The Phar. Said they were harvesting.
  - b. V.25f – This isn't the exception but the rule. The Sabbath is set apart
  - c. V.27 – The application of the rule – God created the Sabbath for us so we can be restored. \*It's not about keeping rules – You should or you shouldn't – but rather restoration.
  - d. V.28 – The Sabbath belongs to Jesus. He decides how it's to be used not our human tradition or limited Biblical understanding. To illustrate this..
- III. Mark 3.1–6
  - a. V.1 – Jesus went into the synagogue which was his pattern – he worshipped His Father; taught the Word
  - b. V.1b – Jesus wasn't looking for a fight and saw this as an opportunity to provoke the religious establishment. He saw a person in need and wanted to do something about it. Appl – Jesus wants to do something about your need today!
  - c. V. 3–5 – It's not just a day to cease activity, but rather to show mercy.
  - d. Jesus used this day to restore. Appl – he wants to show you mercy & bring healing to your life.

- e. Luke 13.10–16: A woman crippled for 18 years by an evil spirit.
  - i. If an ox is loosed on the Sabbath to have his thirst quenched, how much more should a person be loosed whose body is infirmed

#### IV. Implications

- a. God created the sabbath to meet our physical and spiritual needs. It's a day of restoration.
  - i. If we don't keep the Sabbath, God won't strike us down, but we will miss the benefits and we'll have to live with the consequences of life w/o the Sabbath, i.e., we're always playing catch up & things remain broken.
  - ii. The sources of weariness
    - 1. Rules that lead to bondage
    - 2. Activity that leads to barrenness. Constant wind with no rain leads to a desert; your spirit has to be restored.
- b. We should use the day as Jesus did to worship God, fellowship with other believers, minister to people in need and grow in our knowledge of God. These are activities that lead to restoration.
  - i. Jesus did all these things on the Sabbath. It was always with a group of others

#### Heb.4.1–11

- I. Context – 3.1–19: The Israelites were told to leave Egypt and enter the PL. They left E but didn't enter the PL, b/c they didn't trust God. The day they were to advance into the land they resisted God's will and missed God's best.
- II. 4.1–11
  - a. v.1, 6, 11 – We can miss entering into God's rest by unbelief. I believe the rest he's referring is our inheritance. The Israelites rest was the PL which was their inheritance. I believe our rest is the KOG which is our inheritance (L.12.32).

We enter into rest when we join with God's Kingdom activity in this world and His Kingdom activity in the future world.

- b. We have a rest that is available in this life and it's experienced when we know we're doing God's will on earth. We have a future rest in eternity that we'll enter if our faith is in Jesus.
- c. V.3 – only those who have faith can enter.
- d. V.9 – It's called a Sabbath rest. It's not exclusively heaven b/c we can enter it now (v.7)
- e. The Israelites did not experience rest b/c they didn't take God at His word. We will have rest if we take God at His Word. He's not talking about a one time commitment, but an every day decision to believe God & trust in his word.
- f. How much more peaceful, restful would our lives be if we just took God at his word? How many problems exist in our lives b/c we either don't follow the Word (I'm going to do what I want!) or we don't believe the Word (that's true for you, but not for me).
- g. Applic – In order to enter God's daily Sabbath rest, I have to believe his word over my emotions, experience or others says. I have to submit my will to His and follow the promptings of the Spirit rather than the flesh.
- h. Appl – We enter into unbelief not only when we don't believe the truth (God created the world) but also when we believe something else more than God's Word; we're telling God, "You can't be trusted." I trust my desires, wants, opinions, experiences & the voice of others before You. We become just like the people of Israel when they were about to enter the PL. They knew God wanted them to take the land, but they listened to the voices of others and walked in unbelief. They had to pay for the sin of unbelief for 40 years. They had no permanent place of rest b/c of unbelief.
- i. This daily Sabbath rest doesn't mean there aren't problems or challenges. Rather, that when we face them, we can be at peace while wielding the sword. We can have complete

confidence that God is giving us the Kingdom despite the fight ahead. Is.58.14 says, “the Lord will cause you to ride on the heights of the land.” IOW, he’ll give you victory over the obstacles (high places).

- i. Adam & Eve had to “subdue” the Garden
  - ii. The Israelites had to fight for the PL
  - iii. Jesus had die for humanity
  - iv. The early church experienced persecution.
  - v. These things required effort & even a “fight”, but it was a downhill battle against a defeated & retreating enemy.
- j. 4.11 – Entering into a daily Sabbath rest requires daily faith. There is both a present & future rest. The future rest is heaven and we can miss it if we don’t take God at his word and put our trust in Jesus. The present rest

III.

Observing the Sabbath as a day – 24 hours

- Enter as a choice
- It centers around God and others
- It’s a day from ceasing the normal activities...a retreat
- It’s a day to be enjoyed
- You miss it by disobedience

Observing the daily Sabbath – 24/7 (I’m not talking about your Quiet Time; drive home, creating margins in your life, etc. – you can do that & still not live in the daily Sabbath. )

- Enter by faith. I’m not talking about faith in Jesus to take away your sins. You can have rest in your eternal destination, but not rest in your daily walk. The reason you have rest in your eternal destination is b/c you took God at His Word and you submitted to the activity of the HS. The way you experience rest in your daily walk is the exact same way.
- It centers on believing and submitting to the Word & the Spirit
- It’s about advancing God’s Kingdom

- It requires constant engagement
- You miss it by unbelief

Example: Adam & Eve had both a Sabbath day & a daily Sabbath. They lived with no anxiety, fear, doubts, inner turmoil, or pain. They stood before God & each other at ease & at peace.