

We are family – part 1

The place of rest 28.5.17.

1. Take a day of rest from work each week

“You have six days each week for your ordinary work,¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God.” Exodus 20:9-10a

Reasons why we don't take the rest we need each week:

- a. Self reliance – over estimate what we can do and under estimate what God does.
- b. Misplaced identity – basing my worth on my work
- c. Wrong values – prioritise achievements over relationships

“For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.” Exodus 20:11

“True blessing comes from God's grace, not from our work.” John Piper

“God considers rest as important as work.” Rick Warren

“Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” Mark 2:27

2. When I'm tempted to forgo a day of rest from work...

- i. **Remind myself it will make me less productive not more** – my strength comes from God.

“But those who trust in the Lord will find new strength.” Isaiah 40:31a

- ii. **Remember my value to God** – my identity comes from Him not my work

“He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.” James 1:18

- iii. **Adjust my values** – what is really important? Achievements or relationships?

“The most important commandment is this: ...you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”³¹ The second is equally important: “Love your neighbour as yourself.” Mark 12:29-31

*“And what do you benefit if you gain the whole world but lose your own soul?”
Mark 8:36*

How do I take a day of rest?

3. Plan the shape of your day of rest

“...the Lord blessed the Sabbath day and set it apart as holy.” Exodus 20:11

“For in six days the Lord made heaven and earth, but on the seventh day he stopped working and was refreshed.” Exodus 31:17

“Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” Mark 2:27

“And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:25

*Jesus: “Are you tired? Worn out? Burned out? Come to me! Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. **Learn the unforced rhythms of grace.** I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.” Matthew 11:28-30 (Mes)*