

Current Series  
**“Through the Eyes  
 Of Jesus”**

February 28 to April 18

### 3. “The Sabbath as Jesus Sees the Need for Rest”

#### Message Outline

#### 1. Finding time for what is important

Why are people so busy? In an age of so much technology designed to save us time, why do we find it increasingly difficult to carve out time for ourselves and for things that are really important?

#### 2. The way we see the Sabbath (see Leviticus 23)

- a) A man-made burden of religiosity with an endless list of rules that govern virtually every aspect of life
- b) The politics of religion is designed to control people by proscribing what is and isn't allowed
- c) The Pharisees established 39 categories of forbidden activity
- d) Keeping the Sabbath became a burdensome duty
- e) In our culture today, the alternative is to simply dismiss and ignore the need for a Sabbath and, along with it, the need for a Sabbath rest

#### 3. The way Jesus sees the Sabbath (see Mark 2:23-28)

- a) The Sabbath was made for man so that we might rest from our labours and celebrate and enjoy God's creation gifts
- b) Jesus' Sabbath invitation is found in Matthew 11:28-30
- c) The Sabbath never ends for those whose rest and delight is in the God of creation

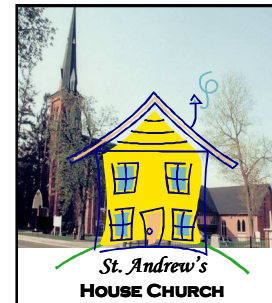
#### 4. The reasons why we need to rest

- a) To counteract the presumption that all we need to do to succeed is to work hard and “strive” for success instead of trusting in God's perfect provisions

- b) To counteract the tendency to panic in the face of needs, difficulties or “emergencies” instead of waiting for God to lead one into His way
- c) To counteract the pride that comes from full bank accounts, perfect health, strong relationships, impressive abilities, and a bright future that all minimize our sense of need for God
- d) To rest in Christ and discover that his yoke is easy and his burden is light.

#### TAKE HOMES (points to remember)

- i) The Sabbath was made for man to \_\_\_\_\_ and to \_\_\_\_\_ God
- ii) The Sabbath involves \_\_\_\_\_ days a week
- i) We need to \_\_\_\_\_ in order to affirm and enjoy God's perfect provisions



#### FOR FURTHER CONSIDERATION

We encourage you to discuss these issues during the coming week as a

- Study Guide for House Church
- Time of reflection individually or with members of your family

#### Warm-Up

What kinds of activities do you usually participate in on Sundays? How are these activities different from any other day in the week?

1. There are many inconsistencies when it comes to a Sabbath rest. (see John 7:22,23) What do you think the purpose of the Sabbath really ought to be?
2. Traditionally, the Sabbath became a burdensome duty that was highly regulated. What are the benefits / hindrances in observing the Sabbath in this way?
3. The Bible clearly calls for us to set aside the seventh day as a day of rest. (see Genesis 2:2,3 and Leviticus 23:3) Why do you think the Bible calls for this “day of rest”?
4. How often do you set aside time for “rest”? What do you include in this time?
5. How does a true Sabbath rest enable you to trust Christ and experience his yoke that is easy?