

The Why Behind the What: Sabbath Rest

Remember, small groups are primarily for growing closer relationships with other believers. We can learn wonderful things in this environment but keep relationships first.

- **The Why Behind the What**
- In this series we will endeavor to see the Why behind the What with spiritual disciplines. (that is, to awaken faith in spiritual disciplines!)
 - Spiritual disciplines are the way to abundant life in Christ, so why do so many believers in Jesus have such trouble staying on track?
 - They know the What, but don't believe in the Why. **James 2:26**
 - Let's get past the "religious" Whys like: because I'm supposed to, because Pastor Mike said so, to impress people, to get God to do what I want, etc.
 - Instead, let's find the real God things that are here!
- **Sabbath Rest (today's What)**
- Ever set up a date night routine with your spouse? Why?
 - When you are dating you do fun things with your fiancé.
 - When you get married you have to do the mundane and difficult things.
 - So, you have to make time to do some fun things!!
 - God has set up a "date night" with His people, the Sabbath.
- I've heard it said that the 10 Commandments still count...except the Sabbath one. I disagree.
 - The 4th Commandment: **Exodus 20:8-11**
 - A Holy day, set aside for the Lord and for rest.
 - Involved both attending gatherings and resting.
 - Then The Lord's Day was added in the NT church.
 - That's taking it to the next level!!
 - Does this Commandment still stand? What about **Hebrews 4:1-10**
 - The "Why" still stands, but not the legalistic harshness of the Pharisees.
- What is the "Why" behind the Sabbath? I see three.
 - 1) To keep us connected with Him. Like the "date night" example.
 - Weekly reconnecting with God keeps us from fading away.
 - **John 15:1-8** Sabbath keeps us "abiding in the vine."
 - 2) God wants us rested and healthy.
 - Did you know that? (Kosher diet)
 - Abundant life in Christ involves regular times of rest.
 - A good work ethic is very important. **2 Thessalonians 3:6-10**
 - But so is rest!! Do both!!
 - 3) God wants us strong together.
 - When we gather we can do things that are impossible for us alone.
 - We are called into a body. **1 Corinthians 12:12 and 12:27**
 - You get to be part of God's Army!
 - It's a good one too! **Matthew 16:18**
 - Maybe you would become a Partner of Good Hope...
 - Others need you! **Hebrews 10:25**
- God has made provision to guide us into a sustainable life rhythm, where we stay connected with Him, and live a life of significance. That's a really good "Why" in my opinion.
 - **Matthew 11:28-30**
 - Can't have this if you don't rest. Resting is part of his yoke.
 - Seek on what this means for you personally.
- Pray for each other before you finish up!