

Navigating the New Normal  
Week 3 - Weekly Rest  
6.28.2020  
Mark 2:23-3:6

I. Before Resting, There's Stopping

- A. We do not KNOW HOW to Stop
- B. We were FORCED to Stop
- C. We NEED the PRACTICE of Stopping (Sabbath)

II. The Life of Jesus on Sabbath (Mark 2:23-3:6)

A. *The Sabbath was made for man, not man for the Sabbath (2:27)*

- 1. "...not man for the Sabbath" applied more to 1st century Hebrews
- 2. "The sabbath was made for man..." applies more to us, 21st century Americans

B. *So the Son of Man is lord even of the Sabbath (2:28)*

- 1. Jesus is Lord over the Sabbath
- 2. He gives weight to it today

C. *Is it lawful on the Sabbath to do good or to do harm, to save life or to kill? (3:4)*

- 1. A lot of Jesus' healings happened on the Sabbath
- 2. The Sabbath is for saving and healing

III. Whats, Whys, and Hows of Sabbath

A. Stop (Cease)

- 1. Paid and Unpaid Work (even thinking about work)
- 2. Working, Worrying, and Wanting
- 3. Physical, Intellectual, Relational, Emotional, even Spiritual Work

## B. Rest (Exhale)

1. A 24 hour Exhale
2. We are to Rest because that is what God did and commands us to do (Exo. 20:8-11)
3. We are to Remember where you came from (Deuteronomy 5:12-13, Galatians 5:1)
4. We are to Trust God with everything and anything we think we have control of

## C. Delight (Celebrate)

1. Cultivating space to say YES
2. We are to Move from "Have-To" to "Want-To"
3. What can I do to fill my soul with joy?
4. What kind of activities bring me joy and delight?
5. What truly replenishes me?

## D. Worship

1. Stopping leads to Resting, Resting to Delighting, Delighting to Worshipping
2. We are to Keep Perspective, not to worship creation but Creator

## E. The Other Six Days

1. Sabbath cultivates Healthy Work
2. Work from a place a rest, not desperately needing rest from work
3. Prepare, Plan and Save for the Sabbath
4. What steps do you need to take today to start creating a schedule that allows you to have a Sabbath?