



**“Resting”**  
**series: Realities**  
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We have come to the second half of our series on the Ten Commandments. Four more weeks.

The first week was an overview of the Ten Commandments, and we focused on that opening statement, “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.” and then for the next three weeks we showed how each of the commandments are connected to another, the first is connected to the sixth, the second to the seventh, the third to the eighth, and so on. So we covered six of the realities in three weeks, and for the next four weeks we will cover one each week... All four of these, especially 4 and 9, are far, far, far to common in the church. They are far to common in our society. They are socially accepted as “normal” but deep at their roots they are like cancer. They will ruin your relationships, they will ruin your heart for people, they will kill your spirit, and the one we are talking about today will kill your physical body if you neglect it.

So if you would open your bibles with me to Deuteronomy 5:12-15 (now remember, this is the second time the Ten Commandments are written in the Torah, the other time is Exodus 20).

**“Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the stranger who is within your gates, that your male servant and your female servant may rest as well as you. (now, all of that you read in the account in Exodus 20, but this next section you will only find the second time, here in Deuteronomy.) You shall remember that you were a slave in the land of**

**Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.**

We are calling today: Resting.

I have this problem.

And perhaps you can relate. Or perhaps I am a bit crazy and the only one who struggles with it in the room. In one sense it is a form of pride, and in another sense it is a form of insecurity.

Two seemingly opposite negative mindsets that are both rooted in the same problem.

I find value, way too much value, in that which I produce.

I have over the years let it get to my head far too many times. From CD projects to websites to video productions to sermons. When I am creating, I feel like a have worth.

When I am resting, I feel like I have none.

The hardest day of the week for me is my day off.

Most of the time, I spend much of it thinking about work.

It may be harder for me than some others, because I actually love my job. I love what I get to do every day, and I would rather be doing it than sitting on my butt soaking in a day of nothingness.

Mondays are typically my current day off, and they tend to be a bit of “lull” days. I am coming off of Sunday, the day when I pour out everything that I have prepared for the last week, and so the next day my brain tends to mull over how it went, and what I need to communicate next week to make up for or bring clarity to something that I did not explain the way I intended the day before.

While my family waits for me.

It has been the root source of the majority of problems that I have had in my marriage. It has been the root source of the majority of times I have been short with my children. It is the root source of most arguments, disagreements, tensions in the home.

The sabbath is Gods way of bringing us back to the reality that we are nothing without him. We can spend our whole lives slaving over an obsession that we may for a fleeting moment call “success” but without the 4th commandment, it will be at the expense of everything else in our lives, and in the end on our death beds (which WILL come sooner than it should if we fail to keep this commandment) we will be just like everyone else who the world may have looked at and thought was a success, yet when you find them in that final moment, the stories are so familiar... we will be saying things like:

I regret.

I regret not spending more time with my kids.

I regret not going to their basketball games.

I regret that my wife got my leftovers. And my grumpiness. And the tail end of every bad day that I never left at the office.

I always brought it home. I always made her feel my stress.

I regret that I poured so much into *this thing* that is now nothing.

and if in the end it will be nothing, was it ever anything?

No. Not if God doesn't breathe His life into it. Now, hold that thought. This is the thought that you are holding:

Question: If in the end it will be nothing, was it every anything?

Answer: No, unless God breaths His life into it.

Look at this:

Exodus 31:15-17

“Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a **covenant forever**. It is a sign **forever** between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.’ ”

First of all, there is something about the times in the bible when you read words like forever, that just make you tune in a little more closely. Jesus once put it this way, not a yot or tittle will pass away from the law... what Exodus is telling us is, this covenant will go on forever. There always will be a seventh day. And it always will be for rest. And here is why... because, from the beginning, there has been a seventh day, and from the beginning, God rested.

Look at what it says, (v17):  
on the seventh day he rested **and was refreshed**.

Think about that... Why would the God of the universe who holds the whole world in his hands need refreshing?

The word refreshed is the Hebrew word “*naphash*” and it means to breathe, and really it means to breathe in. So God took a breathe. On the seventh day, he breathed in.

Everything that God created he created with his breath. He created by breathing out. He spoke, let their be light, and there was light. He breathed out over and over.

“Let their be expanse in the midst of the water.”

“Let the earth bring forth living creatures.”

“Let us create man in our image.”

and then what does he do to create man?

He breathed into mans nostrils the breath of life (Genesis 2:7)

So after creating everything by breathing for six days, he finally stops, and he takes in a breath, for himself.

The Sabbath is when you get that breath of life breathed into you, that is enough for six more days. He blesses you on that day, and it equips you for six more.

He can't breathe life into something that you refuse to keep Holy. He can't breathe life into something you are keeping from him.

No matter what you do, it will be in vain if you don't get this right.

Your life is more than what you create. It is more than what you produce. It is more than who you are from 9-5 on Monday-Friday, and its even more than what produce on your own time, when someone else doesn't own that block of your day, but you still work toward something.

God gave us this innate and beautiful desire to do great things, make great things, help people... it goes on and on, and that drive is a gift.

Driven people change the world.

So be driven. It is great to be driven. God hates laziness. Its far better to be motivated. Its far better to be driven.

But history has shown us that many of those people who we would say "They changed the world" are the ones who die the loneliest. Because the reality is, you can change the whole world, and still be miserable. You can fix everyone else, or solve everyone else's problems, or create something that makes everyone else's lives better, and still go home to a broken world that feels completely beyond repair, because life is not meant to be so constant. You have to be able to turn off. Because if you don't have an off switch, then you don't have an on switch either.

If you can't turn off from what you think gives you value, you will never be able to turn on what actually gives value.

What actually defines the type of legacy you will leave and the type of parent and spouse and friend you will be remembered as.

I heard it said this way once (Shane Willard): The Sabbath is a day where you live like your work is done, even though it isn't.

God gave us family so that we can live. So we can enjoy life. So we can enjoy them. So our lives can stop being about producing and start being about people. God gave us rest to show us that the world will go on even if you don't go in to the office. The world will go on whether you are pushing buttons, laying bricks, or answering the phone or not.

Your world will go on even when you rest. The rest of the world will go on even if they can't get ahold of you.

Does anyone in here believe that the world will stop if they turn their phone off? We like to think that some times, especially with how connected the world is now.

Are you really that big of a deal?

That there are problems only you can solve and that if you don't hear about them the moment they happen then everything will just explode?

That is way too much pressure for anybody to handle. It is a recipe for anxiety and a killer of peace.

Everybody who struggles with resting must ask themselves this question: Are you still you, when you are not reachable? Are you still valuable, when you aren't producing?

And the best way to understand this is to look at God and the example that he gave us. For six days, he created. On the seventh he rested.

The Sabbath is Gods way of showing us:

You know what? I am God, even on the seventh day. In fact, the seventh day is when I am breathing in, so I can breath out again tomorrow.

In the Genesis account of creation we read that God created the heavens and the earth, he brought order out of chaos. Its the most creative moment

in all of history. He brought light from the darkness that hovered over the face of the deep. The entire first chapter of Genesis is all about how God is more creative than any person who has ever lived or will ever live for all of eternity. He literally brought something amazing from total nothingness.

But then Genesis two (2:2-3) starts by saying “On the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

That is the first time we hear about the day of rest being “Holy.”

In fact, this is the first time that we hear the word Holy (Hebrew, *kadosh*), in the bible, at all.

The first time the bible ever uses the word Holy, it is not talking about a person, a place or a thing. It is not talking about a tabernacle, or someone who does really good things... Its not even talking about *God*.

it is talking about *time*.

## **Time**

And this is a very big reality. Because when we think of holiness, we like to think of something that we can attain. Something that may be far from us at times but if we work for it we have a chance at getting it.

We build our lives around matter. Around what is physical. We over work ourselves so that we can have what the neighbor has, and maybe if we work an extra day we can have more than our neighbor. We trade time for stuff and then we try to use what we earn to find ways to bring us closer to holiness, when in reality the holiest thing about us is the way that we use our time on the day that we relinquish our control.

This is Holy. The things that are Holy, they can not be destroyed. Even the temple, maybe it was destroyed, but it was rebuilt again... and Jesus said it this way, “destroy this temple, and in three days I will rebuild it.” The things

that are Holy are set apart as something different. They are untouchable. You can't break them.

It is nice to think that you have power over the Holy, but you don't.

You have to rest.

and God gave us the first example.

The most high God took the time to let himself be God even when he wasn't creating or producing anything, and now he is giving this commandment to the Israelites as they have come out of Egypt.

We read it first in Genesis. The ten commandments just tell us to remember it.

Remember, that this is Holy.

Remember, you used to be slaves, and God brought you out of all of that.

That is why I read the Deuteronomy version at the beginning. It is the same thing as Exodus 20, with the exception of the last verse. Deuteronomy 5:15:

“You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.”

How were they brought out?

By a mighty hand. And an outstretched arm.

Who's mighty hand?

God's. He did this for you. Something you could never, ever do on your own. The only reason you are free today is because God did something solely on his strength. And every time you remember the sabbath, you are opening the door for him to do that in your life again. In fact the word



picture for the number 4 is the letter dalet and it is a door or a pathway. This is the only road to take. Its the only way.

and this is Spiritual.

This will save your life.

This will save your soul.

It will alleviate pressure that should never be there in the first place.

God is still Holy even when he is doing nothing at all.

He is still divine, even when he is resting.

In fact, in Genesis, He designates the day of rest as the Holy day.

If God is still God on the day of rest and we truly are a reflection of Him... then we are still us when we rest. God designated the seventh day Holy, which means he doesn't define his worth by the first six.

In fact, the greatest and really only appropriate way to describe God in human words is the word "Holy," and that is the name he gave the day of rest.

Because there is something about resting in who God is after spending all week trying to be something yourself.

The word sabbath is the Hebrew word "*shabbath*" and it means "To cease."

The Old Testament speaks of different kinds of Sabbaths. There is, of course the 7th day of the week. A day of rest. That is what we know as "The Sabbath Day" - then there is something called the Sabbath Year... and it was the same concept as the Sabbath Day, but it was the 7th year... and every 7th year, the Israelites were commanded to take an entire year off from labor. And then on the seventh year of the seventh set of years, so it would be "every 7th sabbath year" was something called "The Year of Jubilee" which we are going to talk about in the series we are doing in December so I won't get into it today, but its absolutely incredible. But the point is that God laid out all of these incredible structures to make sure that his people were okay. Because nobody can go and go and go and still

maintain sanity. So he said, every seventh day, rest. Every seventh year, really rest. Vacation. Stop everything, and let me show you that even when your world is paused, the world I created keeps producing. God commanded them (Leviticus 25) to not even work the land. Give the land a break, for a whole year.

Now, if you do a little research, even now, studies have shown that the even today, land will produce more if every seven years you allow it to rest. Over the course of the next seven years, you would get more out of your land by letting it rest the seventh, and then working it the next sixth, than you would by working it all seven. God knows what he is doing.

But this is how human minds think... We like to think we have faith, but we don't like actually relinquishing control as if we truly have faith. So we hear, "take a day off..." or even, "take a year off..." and we think, "That sounds great, but too much would fall apart during that time. If we don't work the land for an entire year, there will be no harvest, and there will be nothing new to grow."

Whatever that may look like in our lives... Take a day off...

"yeah, but if I am mid-project, I have to finish this, and then I will rest."  
Take a day off... "Yeah, but its "4 days" this week, so I will make sure to take a day off next week."

And so we go and we go, until what happens? We start getting sick. We start not functioning at the capacity that we know we are capable of... our work sort of starts to fall apart, our bodies begin to deteriorate, and before long we are FORCED to take a significant period of time off.

Have you ever seen that happen to someone?

Has that ever happened to you?

I obviously, being a pastor, am most familiar with that church world, but i see this happen to pastors ALL THE TIME. A lot of people have no idea that they are going through it, but they have moments when they feel like they are literally dying.

and they end up in the hospital, and nobody can figure out what is wrong with them. And suddenly they are forced to take extended periods of time off, and I can't help but wonder, in the back of my mind, if those moments are God just getting his days back.

God saying, "if you won't break, I will make you break. You haven't taken a day off in 14 weeks, so now you won't work for 14 days."

You may say to me, "God wouldn't do that." But remember, this day is Holy. This day is set apart. There is more to this day than we think. This is one of the most significant issues in the whole bible. Let me tell you about what God allowed to happen to Israel.

You see, God gave them this command. A day off... and every 7th year, a year off.

They heard the command, take a sabbath. Give the land a sabbath.

But nobody actually does that, right? We don't rest.

Now, this is incredible.

They plowed the land anyway. On that seventh year, they relied on their own strength, just like we do so well today. And instead of trusting God, they plowed. They worked the land. They gave the land no rest and they took non themselves.

And they did this for 490 years. 490 years went by, and Israel never, once took a Sabbath year as the Lord had commanded. And perhaps after 490 years they thought, "Ok, we are doing just fine."

But then something happened. Something that the bible makes very clear that God allowed to happen, and we have talked about it a couple of times before briefly, and we won't get into to much today either... but The Israelites are attacked, and they are captured and put into exile in a place called Babylon.

A place different than all they had ever known.

And do you know how long they were in Exile for? Does anyone know?

70 years.

70 years they were removed from the land that they refused to let rest, and became slaves to a godless ruler.

They become slaves. While the land enjoyed her sabbath.

For 490 years they did not honor the command to let the land rest every seventh year, but God said “the Sabbath is Holy. It is set apart. Its unavoidable.

The Israelites owed God 70 Sabbath years, and he got them all at once.

Look at what 2 Chronicles 36:18-21, this is talking about the Israelites and how they were attacked, captured and taken into exile.

All the vessels of the house of God, great and small, and the treasures of the house of the Lord, and the treasures of the king and of his princes, all these he brought to Babylon. And they burned the house of God and broke down the wall of Jerusalem and burned all its palaces with fire and destroyed all its precious vessels. He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, to fulfill the word of the Lord by the mouth of Jeremiah, **until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.**

The word “enjoyed” is the Hebrew word “*ratsah*” and it actually means “to satisfy a debt.”

Do you see this?

You can't cheat God out of what is his. You can't. This is not about grace. This is about Holiness. Can you skip a sabbath day and still be saved? Yes.

Of course. But you won't live a Holy life, and you will live a shorter life than you should. God told us that this covenant will last forever. This must be kept forever, it will go on and on and on forever, because this is Holy. If you want to be Holy, you must keep the Sabbath.

## **Jews and the Sabbath**

Many of you have Jewish friends, and if so you know that they take the Sabbath incredibly seriously. You may think, "Why are you so religious about this?" I have thought that many times (like trying to find an apartment in New York, a lot of the brokers are Jewish and will not show us apartments on the only day of the week we can see them). But if you look back at the history of their ancestors, you realize that the failure to keep this day Holy has cost them entire generations *of time*. They are smart enough to learn from the mistakes of their fathers, something most people are not content to do.

In their culture, the Sabbath begins when the sun goes down on Friday and it lasts until the sun goes down on Saturday.

The owners of B&H photography store in New York City are Jewish... which is incredibly inconvenient for someone who did the majority of filming projects on the weekends. I always needed things on Saturdays, and they are the best place to get it, and they were also closed. They made no exceptions. Money does not matter to them on that day. They value the commandment for more than the payday, and they are one of the most successful stores in New York.

They close everything down. In fact, even their website is closed. You can visit the website, but you can not place an order. And for someone from the consumer perspective who just wants to buy a few SD cards and a new battery on the day of a big shoot, it seems incredibly extreme. I figure, "you take one day off, and someone else can take another day off, and the store can always be open."

I figure, there is not really any harm in driving your car, or in fixing your toilet, or in warming up your dinner, on the Sabbath.

But they take it so seriously, that they prepare for hours leading up to that moment. They leave work early, and make sure all of the food will be ready to go....

You see this is the Jewish mindset, even today, for the Sabbath and the extreme nature of the way they follow it. They want to show God that they are so thankful that he was so faithful even in the midst of their unfaithfulness. Yes they went into Exile, but as soon as the land had caught up on its rest, he brought them back out.

It has been centuries and centuries of learning just how real, and just how good, God is.

They see it as an acknowledgment that God holds the world in his hands. They don't need to interfere all the time. God provided for the Israelites for 40 years while they wandered in the desert, surely he can provide for their families from sundown on Friday until sundown on Saturday without them having to do the work. Surely everything will keep going whether we stop for a moment or not... because the world doesn't actually depend on us does it?

Surely the God that provided for the Israelites for 40 years while they wandered in the desert is able to keep B&H's photography company in business, even when they aren't open on the one day of the week that everybody is off work and thinking about things like photography.

It really is the ultimate trust. It is the ultimate way of saying to God, "we know deep down in our hearts, that *you got this!*"

The sabbath is a way in which we acknowledge that we don't control time. We stop, when time doesn't. It's a celebration of every moment we are allowed to enjoy on God's green earth.

It's a celebration of time, and the wondrous things that God can do through it if you use it wisely. And it's hard for me to do, because I love creating. I love producing. But there are two realities that I had to come to this week when I was studying this this week, and here they are:

1. The Sabbath in and of itself is an art.
2. If I don't remember this one (Holy) day, all of my days fall apart.

A famous 20th century Jewish Rabbi named Abraham Joshua Heschel wrote this in his book "The Sabbath":

"Labor is a craft, but perfect rest is an art. It is the result of an accord of body, mind and imagination. To attain a degree of excellence in art, one must accept its discipline, one must adjure slothfulness. The seventh day is a palace in time which we build."

he goes on to say:

"The art of keeping the seventh day is the art of painting on the canvas of time the mysterious grandeur of the climax of creation: as He sanctified the seventh day, so shall we. The love of the Sabbath is the love of man for what he and God have in common. Our keeping the Sabbath day is a paraphrase of His sanctification of the seventh day. What would be a world without Sabbath? It would be a world that knew only itself or God distorted as a thing or the abyss separating Him from the world; a world without the vision of a window in eternity that opens into time."

It is an art. I can try and convince myself that what I would create in those moments that I am not meant to be creating will be of a benefit to someone, but it won't be. But what God does in me in that time, while I am resting, while I am depending on Him for everything I need, it changes my whole week.

Exodus 16 is one of the most amazing images of God's provision towards his people... the Israelites literally have bread that falls from heaven each day and so each day they gather it, and each day there is always enough for the day but anything that they save for the next day always rots. Its bread that only lasts for but a moment in time, so they either need to eat it, or they waste it. On the sixth day, they are commanded to gather double, and then not gather anything on the 7th day at all... which you would think would not make sense because it always rotted the next day, yet on the seventh day, somehow that bread stayed good.

But some of the people went out on the 7th day, to gather bread, and there was none. It wasn't even there.

You go to work on that day, and you will soon realize, you are useless.

The provision is not there. You try and rely on your own strength, and you will find yourself on your own, trying to find your own way, when in reality there is no way. There is no clean path that you can walk that will get you from where you are to where you want to be in the moments that you should be resting. That road doesn't exist. And the more you let yourself be consumed with your work, the more arrogant you will become if you ever start seeing any success there.

But what if we started measuring our success by time, rather than things?

How did you spend that time?

How will this moment be looked back on?

How did I use the time that God gave me to serve Him? Time is the greatest gift that God has given us here and now on this earth and it is the thing we abuse the most.

and if you never stop you will die.

Let me give you an example.

Dawn and I bought a house last week. Its five blocks down the street, and we are so excited to move into it... but we have to work on it first. We probably have about a months worth of work before we can move in, and at that point we will be working room by room while we live in other rooms. Another thing to distract us from a day off, but that is not the point of the story.

You see, the day of closing, I was told going in that we had homeowners insurance set on it... we had the most basic policy, just covering the purchase price, until the following week when the house could get the insurance inspection and we could get insurance for replacement cost.



The next day I got a call from the agent, saying that the owner we bought the house from still had the basic policy on it, and ours could not officially activate until she turned her policy off. And it was Friday. Which meant at least for the weekend, the house that we had just bought had no insurance on it.

For someone wired the way that I am wired, that is not a good thing. This house was relatively cheap, but it was the biggest investment that we had ever made, we had to borrow money to get it, and the thought of something happening to it while we still owed on it was catastrophic to me.

I struggled to sleep. I woke up every morning and right away wanted to check on it. It consumed me, even made me a bit paranoid. You just hear so many things about homes in Detroit... about things that happen that cause fires.

It didn't matter to me that for the last 100 years the house had stood and been fine.

I woke up Monday morning, and put another insurance policy on it, then later that day, the first one went through, and now I have two policies on it and I am trying to figure out which one to cancel.

It consumed every thought, every moment of every day last weekend.

That is what happens if you get into the habit of not taking a sabbath. When you finally force yourself too, or life forces you too, or your health forces you too... you finally get a day off.. but your mind doesn't. If you let yourself be so consumed with what you do, then those thoughts will take everything from you. You will find yourself in one place physically, and another mentally. It will kill you. I have taken plenty of days off lately, but have I actually rested? Have I actually given the day to God, and not worried about what I am producing, or what I will accomplish the first moment that I can go to work?

It will absolutely kill you. I know. There are plenty of topics that out of experience I may not be the most qualified to talk about it for lack of experience, this is not one of them. I have felt what this does. Nothing has

taken a more significant toll on my life or my family. I have carried this pressure. I have failed so many times in this area of my life and have literally felt my whole world being crushed by the weight that I refused to stop carrying because of the illusion that what I am doing is more important than the world that God gave me to enjoy in the brief amount of time that I have here on this earth. I always carry everything into my home. I carry everything into my day off, and my time off. I struggle to stop.

Nobody can live like that for long. Nobody can function under that type of pressure for very long. That is why God designated this. Think about it. He set this day aside, and he said, "This day is Holy." This day is set apart. This day is the day that will save your life.

It is the day that you are closest to me because you are completely dependent on me. You have to trust, "the house is not going to burn down while you wait for the insurance policy to kick in."

God holds the world in his hands. and if it does burn, it burns. What God wants done on that day is set apart. It's Holy. and it's His.

It's like the tithe. The first ten percent, it is his. The sabbath, it's his.

Your time is so valuable, and God wants some of it. But like every other reality, it's completely for your benefit.

You are MORE.

When we talked about idols and adultery, we talked about how Jesus essentially told the woman caught in the act of adultery, "You are MORE than this mistake." - and that is kind of a theme of this entire series. You are MORE. You are more than great things you make. You are more than the mistakes you make. You are more than your goals and your creativity and the great things you accomplish and the stupid things that you do.

All the moments that looking back on I wish I could replay, arguments with my wife, the way I become short with her and with my kids... it always can be traced back to this one. It all can be traced back to not resting. Not

pausing. and it robs my wife of the husband she is supposed to have. It robs my children of the Father that they deserve.

and it comes back to the same thing that the others do.

I don't rest because I think I am too valuable. I think I am worth more than what I would be able to produce on a day of no production. I think I am better than I am. More important than I am. and its everybody around me who pays for it.

Its the ultimate pride.

and it will catch up to me. And it will overcome me. And it will take my life away from me far to soon if I can't get a better control on this, and that is a reality.

I must rest. You must rest. For our sake. For our families sake. For the sake of our calling and for the sake of keeping Holy something that God entrusted to us.

Jesus said (Mark 2:27): "The Sabbath was made for man, not man for the Sabbath."

and I think that in all our efforts to "remember the sabbath" we forget that. This was created for you.

The sabbath was created to bring you back to earth when the momentum of life refuses to slow down.

It is here to kill our pride, and it is here to kill our insecurity.

It is here to build our trust.  
And it is here to build our love.

It is here to give us a ten thousand foot view of the life that we were given which we do not deserve. The grace that is family. The grace that is a job in the first place. The grace that is a home. The grace that is life, being a part of a society that is always moving forward even when you are resting.

Its a great reminder that we are a part of something that is so much bigger than ourselves. Of a perfect plan that keeps on moving even when we sit a day out.

Its such a picture of grace.

The entire heart of the gospel is us getting something that we don't deserve. Of us relying on a strength that is not our own. We have salvation because Jesus died, not because we died. Because of how he was strong in our weakness.

Taking a sabbath is an acknowledgment of that. Its us saying "Jesus, on my worst day, when I produced nothing, you still are God. You still died for me. You still loved me."

Living in the sabbath is one of the most practical ways to live a life that has accepted the grace of God.

Because apart from Jesus, we can't do anything anyway. Apart from Jesus, we will just live in the mess that we have made of our lives.

The Sabbath is one of the greatest pictures of the gospel, because it is the clearest reminder that there is one day a week when you literally do nothing, and you are still worth everything.

On the day that you worked and failed, Jesus died for you.

And for all of us who have fallen short of this time and time again, I want to leave you with an amazing word from the writer of Hebrews. And it says this: (Hebrews 4:1)

"while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it."

Remember, the Greek word for fear means reverence. Keep loving God. Many of us, probably all of us, myself clearly included, has at times failed to

reach that Holy rest that God has commanded us to remember... But in the midst of that, by the grace of God, the promise of entering his rest still stands.