

Rest, Part One
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Opening

-What are some consequences that you have experienced in your own life when you are not getting the rest you need?

-Ecclesiastes 4:5-6

-Matthew 8:23-27

-Our enemy, the devil, knows he can't discredit our message so he does the next best thing, discredit the messenger...and fatigue is one of the devil's best schemes to destroy character! (joke about how no one is a better person tired)

Introduction

-Tonight

1. Why so much confusion surrounding the Biblical concept of Rest?
2. Who were the Judaizers?
3. What is Sabbatimos?
4. A fresh look at Jesus teaching about Sabbath.
5. Where would you rate your practice with 4 types of Rest?

-Next Week

1. Quick review of prior week.
2. Picking back up with Jesus teaching on Sabbath.
3. Is Physical Rest a choice or command?
4. Testing our cultural attitude toward Physical Rest.
5. 8 practical steps to move toward a weekly Sabbath.

Why are we confused about a Sabbath rest?

-(tell story of Vanessa and Clarie arguing about "pulling up" for doctors' visit.)

-Saturday and Sunday

I believe the Bible couldn't be more clear...every Christian is expected to gather for a time of weekly worship. For 2000 years, that day has been on Sunday because that is the day that Christ rose from the dead. This is called The Lord's Day (we find the Apostle John referring to it as such in Rev. 1:10) to honor His resurrection. Of course the first century church gathered on that day! Jesus is alive...read the four Gospels. Can you put yourself in that community, can you imagine? From the depths of despair as He was laid in the tomb to the highest of jubilation days later as they not only encountered an empty tomb but a risen Lord! I've attended a lot of church meetings for the purpose of making decisions. Whatever meeting was held to decide which day would be set aside for churches to meet must have been the shortest meeting in the history of church meetings, "I recommend Sunday, any questions...adjourned."

(explain why that became problematic...Jewish culture was Saturday for Sabbath) (Christianity was born out of Judaism...)

Who were the Judaizers?

-Acts 15:1-3 (Lord's Day, Scripture, Law, Tradition of Elders)

-(talk about Paul's epistles constantly combating this viewpoint)

-As we move through time and more and more people who did not come from a Jewish background embraced Christianity, the Biblical practice of a weekly Sabbath became synonymous with the Lord's Day.

-Blue Laws (not repealed in VA until 1988)

The name may derive from Samuel A. Peters's General History of Connecticut (1781), which purported to list the stiff Sabbath regulations at New Haven, Connecticut; the work was printed on blue paper. A more probable derivation is based on an 18th-century usage of the word blue meaning "rigidly moral." (Britanica)

-Our own cultural practices have contributed to Christians' confusion regarding a weekly Sabbath!

Sabbatismos

-Hebrews 4:9

>He makes up a word! Sabbatismos...

>This literally means uninterrupted rest...
>I think the writer of Hebrews is making a reference to a person who is experiencing 4 unique kinds of rest...

1. **Paternal Rest (Hebrews 4:2-3a)**
2. **Purpose Rest (Hebrews 4:8)**
3. **Perpetual Rest (Hebrews 4:10-11)**

4. **Physical Rest (Hebrews 4:4b/Genesis 2:2)**

-The prevailing belief is that the writer of Hebrews was a highly respected teacher in the early church, a person of significant influence, like a Paul, highly educated in both Judaism and the burgeoning doctrines of Christianity. One of my favorite preachers, Reverend Earl Palmer (passed in April 2023) formerly of University Presbyterian Church in Seattle Washington, then Earl Palmer Ministries, liked the idea of Hebrews being from Priscilla, the wife of Aquilla, converts of Paul. He surmises this may be why the author is never identified, to avoid the bias that would surely have come if people knew a woman had written this letter.

Hebrews was probably written sometime between 65 and 70 AD, and according to the writer's own words in verse three of the second chapter...was a second generation Christian. "...how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard Him." Meaning, that the writer of Hebrews did not have the privilege of being taught directly by Jesus as did people like Peter, James, Mary, and Martha. The writer of Hebrews knows that just as those who learned from Christ taught him/her, so now he/she must in turn teach the generation that follows, as every generation must continue to do as it has now been for almost 2000 years. This is one of the most sacred duties of The Church, the caretaker and promulgator of Christian doctrines.

-What did Jesus say about Sabbath?

- >Mark 2:23 to 3:6
- >What did He mean that the Sabbath was made for us?
- >Is Jesus saying that practicing the Sabbath is optional?
- >You'll have listen next week to find out!

-How would you rate 1-5 the 4 rests: **Paternal, Purpose, Physical, Perpetual?**

Band

-(Welcome Home Moment)

Close