

**Rest, Part Two**  
**7/01/23**  
**Newport News**

**Opening**

-(joke about the Tupperware dilemma...matching the right top and picking right size...then the mystery of takeout rice, twice the amount in such a small box) (joke about the new home repair video service...I need that for leftovers)

-(transition...this is us with every day, how much can we fit into it...)

-Have you ever stopped to think that the more important question might be what is God trying to fit into us? (character...)

**Recap**

**-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 distinct 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)**

-There has been far too much teaching in Christian circles that because we now have the first 3, we don't need the last one...wrong!

**-What did Jesus say about Sabbath?**

-Mark 2:23 to 3:6 (God created boundaries for us, not the other way!)

-Mark 2:27/Ephesians 2:8 (ref. only/consequence of rejecting God's gifts)

- *Looking to the history of Sabbath-keeping, we find that the Jewish Talmud specified 39 main categories of work prohibited on the Sabbath. Writing more than one letter of the alphabet was prohibited. Practicing medicine was not allowed, unless life was endangered. Hence, a man with a toothache could rinse his mouth with vinegar on the Sabbath, as long as he swallowed it (that was eating); but he could not rinse his mouth then spit out the vinegar (that was practicing medicine).*
- HGTV episode... strict Jewish family needed a light timer because couldn't operate a light switch on their Sabbath

### Rest...attitude!

-**John 2:13-17** (what get's you angry about church?)

-9 Questions (then why don't we get angry when the Sabbath is violated!!!)

1. Worshipped other gods, actively participated in other religions.
2. Made idols in their garage, prayed to them, sold them, worshipped them.
3. Spoke with profanity, especially using God and Jesus as curse words.
4. Speak disrespectfully to their parents and speak of them publicly in derogatory ways.
5. Openly endorsed murder out of vengeance and anger as being appropriate.
6. Practiced an open marriage relationship with their spouse.
7. Dishonesty for personal gain is just a natural part of life.
8. Giving false testimony was okay because most people are guilty of something.
9. Envyng your neighbors possessions is a great way to motivate yourself to get more stuff.

-**Exodus 20:8-11** (Shabath, Qadash, Nuach)

- **Shabbat – To repose, that is, desist from exertion...cease, celebrate...leave, put away (down), (make to) rest, rid, still, take away.**
- **Qadash – To be clean (ceremonially or morally): - appoint, bid, consecrate, dedicate...hallow...holy...prepare, proclaim, purify, sanctify.**

- **Nuach – to rest, to be at rest, to settle down, to stay, to dwell...comfortable, convenient, easy going.**

**-(show Exodus text again)**

**Rest...action!**

**-Karl Barth, “Let things take their course with particular freedom distinct from weekday practice to as much or as little as the day brings. The day should be free from compulsion...”**

**-8 Steps To Action!**

- 1. Pray**
- 2. Invest**
- 3. Protect**
- 4. Flexibility**
- 5. Family**
- 6. Others**
- 7. Grace**
- 8. Rest** (church, good-Samaritan, food)

**Band**

**-John Ortberg, “Dee Dah Day” excerpt**

**Close**