

Intro: Begin our Series: "Living Up In A Down World" Today

Premise: Instead of living our lives as God intended us to live them:

Diagram (Should)

We have allowed our culture/our personal desires/and others to turn us upside down!

Diagram (Is)

Reality: If we are to truly have a redemptive influence and impact upon our world as God intended,

If we are going to do what Paul did and "Turn Our World Upside Down!" (Rightside up!!!)

Then we have to start in the most unusual of places! We are going to START where Paul Started! On the Sabbath!

Acts 17:2 "As was his custom, three Sabbath days he reasoned with people!"

Now, for most of us...we don't truly understand Sabbath. When we hear the word Sabbath we think...Rest(MUCH MORE)

Look with me at two amazing paragraphs....One from the Bible...one from a book titled Sabbath by Wayne Muller

Both of them seem to me to come in the form of a promise!!!

- Isaiah 58:13-14 (RSV)

- *If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer our heart attack, our accidents create Sabbath for us!"*

If we are EVER going to get what IS rearranged...reprioritized...restructured into what SHOULD BE...Starts with Sabbath

We HAVE To learn how to hit PAUSE button in our overscheduled days, with our unending rush from one event to another

And learn how to truly slow down and trust God to be in charge of our lives! (Really lack of trust!, lack of Faith!)

Illus Pg 137-138

If we are going to be able to actually DO that, then we need to first understand what Sabbath is biblically.

1. Understand True Biblical Sabbath.

Various

Sabbath/Rest: Lit =to repose, to cease from exertion, to leave, put away cease or celebrate

When we think Sabbath we need to BEGIN with the concept of REST, but biblical Sabbath goes much further!

Sabbath is about more than just doing nothing, lying around...taking it easy...It is Rest...with a purpose!

Think of it this way...if Sabbath was only about rest, then WHY did God do it! Do you think He got tired day 7?

No...so it obvious that the first Sabbath was about much more than just REST...Included a lot of other things!

- Sabbath is LIFE MODELED for us by God! Genesis 2:3 "And on the seventh day God "sabbathed"! God is showing us how to live! He is establishing the Rhythm of life and from the very beginning telling us, This Way! Pg 139
- God GIFTED us with promise of PROVISION! Exodus 16:23-29 "The Lord has given you the Sabbath..." This passage is about God's provision of Manna in the desert. 2 days Manna on one day...so you can rest! God is teaching His people. I have given you a day of rest! If you choose to dishonor that day, then lose what you gain You see, God has established the Rhythm of life, and He expects us to honor that. When we try to do more, for self God promises that He will PROVIDE all we need! When we say, I cant do it in the time YOU provide...dishonor Him Haggai 1:5-7 "Now this is what the LORD Almighty says: "Give careful thought to your ways. You have planted much, but have harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it." This is what the LORD Almighty says: "Give careful thought to your ways."
- God gave us a day to help us remember to CELEBRATE His Goodness. Is 58:13 "if you call Sabbath a delight" Delight = Lit A luxury, something unnecessary and pleasant! Deut 5:15 "remember slaves in Egypt" Sabbath is designed by God to help us remember to pause and celebrate His Goodness! Listen, that is exactly what He modeled for us in Creation: Six days, Good...Finished VERY GOOD Then on the Sabbath: Gen 2:1-3
~Rested: Sabbath: He ceased from all his labor
~Blessed it: To Congratulate, to praise, or to Salute!
~Holy: To Consecrate, to Keep, To Set Apart
You See, That is what God did on His day of rest, to look at His work and admire it! That is what we are to do as well. We are to look upon His work in our life...and admire it, Celebrate it, Praise it! We are called to hit the PAUSE button and celebrate God's work in our life!
Illus: BackYard Bash: Remember how wonderful it was to look forward to Wed night? *Imagine a day each week!*
- God gave us a day for WORSHIP. Lev 23:3: "the seventh day is a Sabbath of rest, a day of sacred assembly" The final thing that Sabbath was designed for was Worship. For Jewish tradition it was Saturday, For Christians we have moved it to the first day of the week in order to remember the Resurrection, 1 Cor 16:2 Danger for us is to make sure that if we have Sunday as our Sabbath it is truly a day of rest, set apart worship/delight
Illus: Pg 135
We have made our "Sabbath" a day for everything else that doesn't get done...Instead of a day to delight in God!

If we are going to develop a life that impacts our culture...our world, our family, friends, neighbors
It begins with slowing down and doing LESS instead of doing more!
We need to do less...and do it right...do it better...and by doing so we will multiply our impact!
To do that we must:

2. Know What To INCLUDE and What To EXCLUDE From Your Sabbath!

Is 58:13: "*Call the Sabbath a delight*"

If we are going to truly create a day set apart for God, dedicated to rest, celebration, delight in His work

3 INCLUSIONS:

- **Resting the Body!**
Most of us do little if any of that on our days off! They are filled with "To Do" list, Overflow and Undone fm Week
Imagine what it would be like to plan a day once a week FILLED with things that cause you to rest and restore!
Illus: Nap, Walk, Bike Ride, Hot Tub, Sitting in the Sun bible for an hour: Whatever it is that helps you REST
- **Replenish the Spirit:**
Find that thing (or things) that help you connect with God and simple BE with Him!
For everyone of us it will be different! (Some it will be yardwork! For me that would be a prison sentence!)
I have two or three to choose from
~A long Drive
~A quiet hour in the sun...absolutely no agenda
~Visit an historical place...learn
Illus: Last Summer...long month..Took a day...3-4 hour drive to Southern MD, Confederate Monument, Sat in Sun
- **Restore The Soul:**
Doing those things that restore you Spiritually
What helps you connect with God and truly worship him? Truly Delight in Him?
For me...It is worship...and it is Solitude...Spending time with Him!
Vastly different from most I would venture to say: I live in the Word, Worship,
Illus: Serving Others!!!
I remember the first couple of trips to Club Dust Food Prep
And Food Pantry!
Recently Tyler Heights: Brownies...it renews and restores me to serve people!

EXCLUSIONS:

- **Work:** (That 5 day a week stuff!) Email, Voice Mail, Planning, Preparation
For some Yard Work...Absolutely NOT...For others Absolute YES!!! Restores and Renews them!
- **Worry:** All those things that drain us...and Cause us to be exhausted at the End of the Day!
The Sabbath is an invitation to rest emotionally and spiritually as well as physically!!!
For that day you put them in God's hands...and Leave them there! *Sufficient to the day is the evil...*
- **Whatever Drains You!**
For some it will be the unending call of Sports for the kids
For others it will be Planning, Cleaning, Shopping,
Whatever it is that empties you emotionally, Spiritually and physically should be avoided!

CONCL:

Sabbath is the day that restores, renews and recharges us to be able to adequately fulfill the call of God in every other area
When we don't take Sabbath...we are issuing an invitation to failure in every other area of our life!

- ~We don't Get worship right
- ~We don't Get Family right
- ~We don't Get Work right
- ~And we don't Get Church right!

We become so exhausted that we can't function well in ANY of them.

For the next couple of months we are going to look at the SHOULD...Rearrange the IS

NEVER happen if you can't find the emotional and spiritual energy to take on that challenge...that comes from Sabbath!

When you don't take it...God will give it to you:

Couple of months ago I was lying in a hospital bed, 57, Stroke...Complaining to God

Immediate a verse came to mind: "*Come unto me all you who labor and are heavy laden and I will give you rest! Take my yoke upon you and learn of me...for my yoke is easy and my burden is light...*"

God...it doesn't feel light and easy to me!!!

And He said...you are carrying YOUR load...not mine! I never put that on you...lay it down:

Jesus said to his disciples one day, Come apart with me and get some rest

Is he calling you to that today?

If so, come, lay whatever burden you are carrying at the altar...and for God's Sake...and Your sake...Family, Friends...Work