

## Breaking Free From Busyness, pt.3

9.30.07

### Introduction

1. Rest video from the youth group
2. Sabbath definition – God gifted mankind with the Sabbath day for the purpose of reflection, renewal and restoration by spending quality time with Him along with family and friends in simplicity.
3. Review – Scripture
  - a. refers mainly to a day, but last point to a lifestyle
  - b. It's day for restoration – body/mind/spirit. Ceasing leads to restoration.
    - i. All living creatures need stillness to regain strength
      1. Pictures of whales sleeping
    - ii. The necessity of sleep
    - iii. When I'm tired I get cranky, paranoid, easily annoyed, want to be left alone, pessimistic, despairing, overwhelmed, lack focus, wrong perspectives
    - iv. The evil master Chronos eating his children.
    - v.
  - c. It's a day for reorientation – everything is put back in order. God, family, self
    - i. P.125 quote from Buchanan about Rivendell
  - d. It's a day for relationships – mending & tending with those in our life; enjoying the company of others, etc.
    - i. Busyness taxes our relationship. Our friendships thin out; our conversation is superficial; we don't want to get involved in another person's life;
    - ii. It numbs us; deadens us; we don't have time to care; we want to throw money at it, but we don't want to give time to it.
    - iii. Sure sign we're too busy – we stop caring about the things we care about. We lose concern for people – neighbors, friends, fellow believers, people with problems.

- iv. When we cease to laugh when our children laugh (and instead tell them to be quiet), when we can't cry when our spouse cries (and wish they would quit being so emotional) that's a signal we're too busy.
- v. When the moment of reckoning comes and we need to show compassion, wisdom, mercy or presence, and there's nothing to give, but rather we sigh in resignation and have a dull resentment that we got dragged into this mess.
- vi. When we stop caring about the things we care about it...that's a sign we're too busy.
- e. It's a day of remembering that God will take care of our needs. We cease our work as a reminder that God is our provider.
  - i. The evil of being driven by Chronos, p.36. Chronos is driven and never full and consumes everything in his path.
  - ii. On the Sabbath, I'm remembering that the all powerful God, not the all consuming demon of drivenness, is Lord of my destiny.
- f. It's a day for reflecting upon & rejoicing in God's goodness; it's a day for us to concentrate on God and hear from Him. In order to hear from God, we have to break free from our normal routine and dedicate time to Him. When we hear from him it changes us.
  - i. Reflecting upon God's goodness to us – Eccl.3.9–13
- g. God created the Sabbath to meet our physical and spiritual needs. It's a day of restoration.
  - i. Is.30.15
- h. We should use the day as Jesus did to worship God, fellowship with other believers, minister to people in need and grow in our knowledge of God. These are activities that lead to restoration.

- i. Some of Jesus' most memorable healings took place on the Sabbath. Mark 3 (deformed hand), Luke 13 (woman crippled for 18 years) and John 5 (Lame for 38 years).
  - ii. We should use this day to minister his mercy, grace & healing to others.
- i. The Sabbath rest as a lifestyle is not about ceasing activity but rather doing the will of God – Heb.4.2, 9.

#### 4. Mark Buchanan's book

#### Three "What about's"

##### What about the day we are to observe the Sabbath?

- a. Sabbath is on Saturday; Saturday is the last day of the week.
- b. Christians eventually changed their day of worship to "the Lord's Days", which was the first day of the week or the 8<sup>th</sup> day, which is symbolic for "new beginnings." They made this switch, b/c Jesus rose on the first day of the week – Mark 16.9.
- c. It took hold fairly early – 1 Cor.16.1f, Acts 20.7, Rev.1.10.
- d. Rom.14.5f, Col.2.16f, Gal.4.10 – these passages were written to audiences who were tending towards or encouraging the practice of Jewish customs.

##### What about having to work on Sunday?

- a. Mark 2.27 – the Sabbath was made for our benefit. Understand, it wasn't meant to be a catch up day
- b. Ex.16.29 – God gave it to mankind as a gift. You have to use the gift for the purpose for which it was designed. Is.58.13f should be at the forefront of our thinking. Read the Sabbath definition.
- c. Therefore, I don't think the day you observe it is as important as carrying out its purpose on the day you do observe it.

##### What about activities I should & shouldn't participate in on the Sabbath?

- a. Golden Rule #1 – Stop doing what you ought; cease from that which is necessary
  - a. You have six days of working, being concerned with your retirement, trying to figure how to pay the bills, wondering who is right or wrong on the political scene, etc.
  - b. You toss aside the “have to’s” and embrace the “get to’s”.
  - c. Should you mow your grass on Sundays? For those like myself, who spend most of our time sitting down interacting with people and information all day long, mowing looks like a “get to.” There’s something about sweating that I like and feeling muscles strain that is good for me. What pours into me rather than siphons out of me.
  - d. 6 days I “have to”...but on the Sabbath I get to...
- b. Golden Rule #2 – Embrace that which gives life
  - a. I’m not talking about what is it that excites you, but what replineshes you spiritually, physically, emotionally.
  - b. We have that “everybody’s working for the weekend” mentality and we’re exhausted when Monday rolls around.
  - c. Leisure & the Embracing that which gives life. Leisure always leads you away from the center. Leisure is doing Is.58.13 and hoping that it will quench this yearning in your heart completeness. Leisure leaves you tired and often times poorer. You may have a memory but it is a blurry picture and not nearly so cheery as you thought it would be.
  - d. Is what you’re embracing on the Sabbath driving you to God or from God?
  - e. Building a Christ centered home means I’m going to be wary of those activities that would dethrone Christ.
  - f. Embrace those things that replenish you spiritually, physically and mentally.
  - g. Jesus pursued things that gave life – he healed, delivered, restored, mended, encouraged, fellowshiped

h. The activities that have the longest charge to them don't necessarily have the greatest appeal.