

The Idea of Sabbath

May 26, 2013

Sabbath

Exodus 20:8-11

Rest

Hard work affirmed; Regular break needed; Rest for everyone

Rhythm

Sabbath “to the Lord”; Honouring God; Regular Rhythms

Missing the Point

Mark 2:23-28; 3:1-6

The Great Danger

Missing the Point; Sabbath especially prone to “rules making”

- For People
- Jesus in Charge
- For Doing Good
- What Makes Jesus Angry?

Missing Jesus’ Point!

What Jesus Did Not Say

The Law was wrong; I am changing God’s Law

- Avoid Hurting People with Rules
- Help People develop Healthy Rhythms

Take it to Work

Work is Important

But it is not the most important thing

Build some Healthy Rhythms

Regular Patterns – God at Centre

Heart Soft toward People

People Matter – What is good for people?

Start with the Yes of Sabbath

Every YES includes some Nos

What stresses? What rejuvenates?