

Apprenticing Jesus

|| A Series Through the Gospel of Luke

Slow Down and Sabbath

Sermon Synopsis: The Sabbath isn't a suggestion—it's a pattern of rest that God has given us to enjoy. Here's how!
Themes: sabbath, rest, margin, emotional health **Metaphors:** slowing down, container,

Luke 6:1-11 (ESV)

On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. But some of the Pharisees said, "Why are you doing what is not lawful to do on the Sabbath?" And Jesus answered them, "Have you not read what David did when he was hungry, he and those who were with him: how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?" And he said to them, "The Son of Man is lord of the Sabbath." On another Sabbath, he entered the synagogue and was teaching, and a man was there whose right hand was withered. And the scribes and the Pharisees watched him, to see whether he would heal on the Sabbath, so that they might find a reason to accuse him. But he knew their thoughts, and he said to the man with the withered hand, "Come and stand here." And he rose and stood there. And Jesus said to them, "I ask you, is it lawful on the Sabbath to do good or to do harm, to save life or to destroy it?" And after looking around at them all he said to him, "Stretch out your hand." And he did so, and his hand was restored. But they were filled with fury and discussed with one another what they might do to Jesus.

Intro: ever feel so busy that the only way you could survive is if you had more time? **France**¹ 1793

Sabbath as a day of rest

API!

Ex 31:16-17 (NIV)

The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.

Deuteronomy 5:12-15 (NIV)

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Pharisees: it's all about what not to do

Problem & Conflict. Grain picking and healing (vv1-2, 7)

Jesus: it's all about what you get to do

Focus: we embrace...

API!

1. An example of Sabbath being used for good (vv.3-4)
2. The question of Sabbath being used for good (v9)
3. Jesus is in charge of the Sabbath (v5)

Sabbath was created *by God for us*,²
not as a *burden*, but as a *delight*.

American Society Landscape Architects³

A way to wash ourselves for the scripts given to us about what we're suppose to be

That's the problem, right? We don't know ourselves. Others tell us.
We are not just enslaved by others (Egypt), but ourselves
Sabbath = a glimpse into something better

Colossians 2:16-17 (NIV)

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Jesus provides rest for our souls

Matthew 11:28-30 (ESV)

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Hebrews 4:9-10 (ESV)

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

Jesus is the rest we need

But we still need to slow down to experience Him

illust: Jude

Sabbath is the "container" by which we drink deeply

Two equal but opposite errors **AP!**

1. No Sabbath (defined by busyness)
 1. Phil 2 (work out, not for). **Pizza dough. All ingredients.** Sabbath = container
2. Bad Sabbath (defined by rules)

Here's how we can enjoy the Sabbath the Jesus way

Create a container of time in your week for... **AP!**

1. **Worship** (how can you experience God)
2. **Rest** (how can you slow down)
3. **Delight** (how can you have more fun)

¹ Illustration by A.J. Swoboda. *Subversive Sabbath: The Surprising Power of Rest in a Nonstop World*. (Brazos, MI: 2018) 10-11

² And he said to them, “The Sabbath was made for man, not man for the Sabbath.” Mark 2:27

³ A.J. Swoboda. *Subversive Sabbath*. 76