

“God is Great, Beer is Good, &  
People Are Crazy”:  
The Ten Commandments

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Grad & Career Spring '11

# The Desire for Rest & Purpose

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The Fourth Commandment

## Exodus 20:8-11

<sup>8</sup> “Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> 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 animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

# Why are we so anti-Sabbath?

“We are driven because our work brings us power and pride that dulls our deeper desire for delight. We are far more practiced and comfortable with work than play. We are far better at handling difficulties than joy. When faced with a problem, we can jump into it or avoid it; we can use our skills or resources to manage it. But what do we do with joy? We can only receive it and allow it to shimmer, settle, and then in due season, depart; leaving us alive and happy but desiring to hold on to what can't be grasped or controlled.” - Allender, Dan B. (2009). *Sabbath*.

The attractive thing about 1) work as our identity & 2) consumeristic “rest” is that we can control them and it does not require trust in Jesus.

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Desire for Rest & Purpose

If you were to plan a day of  
delight that led you to praise of  
God, what would you plan?

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Desire for Rest & Purpose

# The Sabbath as Delight

“If you do away with the yoke of oppression,  
with the pointing finger and malicious talk,  
<sup>10</sup> and if you spend yourselves in behalf of the hungry  
and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.

<sup>13</sup> “If you keep your feet from breaking the Sabbath  
and from doing as you please on my holy day,  
*if you call the Sabbath a delight*  
and the LORD’s holy day honorable,  
and if you honor it by not going your own way  
and not doing as you please or speaking idle words,  
<sup>14</sup> *then you will find your joy in the LORD,*  
and I will cause you to ride in triumph on the heights of the land  
and to feast on the inheritance of your father Jacob.”

For the mouth of the LORD has spoken. – Isaiah 58:9-14

- *Sabbath keeping is connected to our hearts. The non-practice of Sabbath could reveal that we are also judgmental, malicious, neglectful of the poor/ hungry/ oppressed, selfish, and fundamentally unwilling to trust God to provide and fulfill.*

# The Sabbath as Delight

“It is suggested by many Jewish commentators that God created menuha on the seventh day. Menuha is the Hebrew word for rest, but it is better translated as joyous repose, tranquility, or delight. “To the biblical mind Menuha is the same as happiness and stillness, as peace and harmony. . . . It is the state in which there is no strife and no fighting, no fear and no distrust.” God didn’t rest in the sense of taking a nap or chilling out; instead, God celebrated and delighted in his creation. God entered the joy of his creation and set it free to be connected but separate from the artist.” - Allender, Dan B. (2009). *Sabbath*.

# The Sabbath as Delight

“The eschatological passages of Scripture are full of feasting and song. How can the Sabbath, which celebrates creation, redemption, and consummation, be any different? So it is important to keep in mind that by its very nature the Sabbath is a feast, not a fast. It is a time of abundance, not deprivation. It should be a delight, a time of play and joy. There is of course a difference between feasting before the Lord and mere secular entertainment.” - John Frame, *The Doctrine of the Christian Life*.

- *We tend to conceive of the Sabbath in worldly ways. We either define it narrowly so that we can control the keeping of it. Or we define it broadly so that we allow ourselves whatever secular entertainment we want. We need to conceive of Sabbath biblically, which is neither narrow or broad but deep.*

# The Sabbath as Delight FOR MAN

<sup>23</sup> One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

<sup>25</sup> He answered, “Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”

<sup>27</sup> Then he said to them, “*The Sabbath was made for man, not man for the Sabbath.* <sup>28</sup> So the Son of Man is Lord even of the Sabbath.” – Mark 2:23-28

- *God gave humans Sabbath as a gift, not to enslave humans to the Sabbath*

Sabbath Delight is delight that  
is not self-centered but  
centered around the love of  
God & others

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Desire for Rest & Purpose

Orthopraxis  
(right practice)

CHRIST

Orthopathos  
(right feeling)

Orthodoxy  
(right belief)

## How Change Happens

- When we want to deep change in any area we must consider our practice, our feelings, and our beliefs.
- Change can be stimulated by focusing on any one or all aspects.
- To consistently only focus on one aspect is harmful. Each aspect feeds & corrects the others.

Sabbath is about our worship of the Lord of lords who is lord over time:

To “remember the Sabbath and keep it holy” is to set aside our time for...

- Rest & Refreshment
- God’s Rhythm of life
- Celebration
- Redemption
- Mercy & Justice

# 1. Sabbath as Rest & Refreshment

“We are not to work on the Sabbath because it takes us out of the play of joy. It is as bizarre as making love to your spouse, but getting out of bed during the process to cut your lawn or wash dishes. Such an offense would do far more than spoil the mood; it would be a direct assault on the integrity of joy, announcing that a mundane chore is more pleasurable than sexual joy with your spouse.” - Allender, Dan B. (2009). *Sabbath*.

# 1. Sabbath as Rest & Refreshment

## Practical Ideas:

- Naps =)
- Meditation/ Prayer
- Journaling
- Reading
- Reflecting on the past week & week to come.
  - Asking God to grant grace where depravity in us is seen and to grant celebration where dignity in us is revealed.
  - Asking God to prepare our hearts, through the Spirit and through conversation with others, for things to come that week.

## 2. Sabbath as God's Rhythm of Life

### Practical Ideas:

- Make sure you finish the “work” you need to get done in the six days prior
- Plan & prep ahead for your Sabbath day
- Establish a rhythm of mercy to your life. What regular acts of mercy could you plan in as part of your Sabbath? (maybe once a week/ month/ quarter – there is freedom!)

# 3. Sabbath as Celebration

## Practical Ideas:

- Plan a “feast” with people you love & who will Sabbath with you
- Do something fun with people who you really enjoy
- Be outdoors in a way that enables you to celebrate God’s creation
- Plan activities that enable celebration of each other.
  - We often are led to worship by nature but humans are the apex of God’s creation. Ask God to grant you grace & humility to view other’s depravity graciously so that you may celebrate their dignity (seeing the best in others).
- Lace your celebration with prayers of thanksgiving to God

## 4. Sabbath as Redemption

### Practical Ideas:

- Worship with God's people
- Remember that on the Lord's day you celebrate the resurrected new life you have in Jesus
- Remember that on the Lord's day you celebrate the redemptive work God has already done in you and for His people
- Watch a movie with strong redemptive themes that will move you
- Seek redemption/forgiveness from someone you have wronged

## 5. Sabbath as Mercy & Justice

### Practical Ideas:

- Help provide a meal for Durham Rescue Mission
- Volunteer at a nursing home to love on lonely elderly
- Go have Bojangles with someone who pan-handles on 15-501
- Open your home to people from church who aren't connected
- Worship via Tithes & Offerings at church

# Jesus is Lord of the Sabbath

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Desire for Rest & Purpose

# Jesus is Lord of the Sabbath

- Jesus is our Rest & Refreshment (Matt. 11:28-29)

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

- Jesus obeyed God’s Rhythm perfectly (Matt. 14:23)

*“After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone...”*

# Jesus is Lord of the Sabbath

- Jesus is our Creator ( Col. 1:16)

*“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”*

- Jesus is our Redemption (Mark 1:11)

*“And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.””*

# Jesus is Lord of the Sabbath

- Jesus is our Mercy & Justice (Micah 6:1-8)

*<sup>1</sup> Listen to what the LORD says: “Stand up, plead my case before the mountains;*

*let the hills hear what you have to say.*

*<sup>2</sup> “Hear, you mountains, the LORD’s accusation; listen, you everlasting foundations of the earth.*

*For the LORD has a case against his people; he is lodging a charge against Israel.*

# Jesus is Lord of the Sabbath

- Jesus is our Mercy & Justice (Micah 6:1-8)

*3 “My people, what have I done to you?  
How have I burdened you? Answer me.*

*4 I brought you up out of Egypt  
and redeemed you from the land of slavery.*

*I sent Moses to lead you,  
also Aaron and Miriam.*

*5 My people, remember  
what Balak king of Moab plotted  
and what Balaam son of Beor answered.*

*Remember your journey from Shittim to Gilgal,  
that you may know the righteous acts of the LORD.”*

# Jesus is Lord of the Sabbath

- Jesus is our Mercy & Justice (Micah 6:1-8)

*6 With what shall I come before the LORD  
and bow down before the exalted God?*

*Shall I come before him with burnt offerings,  
with calves a year old?*

*7 Will the LORD be pleased with thousands of rams,  
with ten thousand rivers of olive oil?*

*Shall I offer my firstborn for my transgression,  
the fruit of my body for the sin of my soul?*

*8 He has shown you, O mortal, what is good.  
And what does the LORD require of you?*

*To act justly and to love mercy  
and to walk humbly with your God.*

# Jesus is Lord of the Sabbath

- Jesus is our Mercy & Justice

“We must stress both God’s holiness and justice and his absolute love and mercy...The only way we can see the glory of grace is to see both his law and his love fulfilled on the cross...they must not be proclaimed in such a way that they are pitted against each other, but rather that they meet and are fulfilled in Christ.” – Tim Keller

“Only the Christian gospel presents....a way in which justice and mercy kiss each other...Christianity alone finds a way to satisfy infinite justice and provide infinite mercy at the same time. What no other religion has dreamed of, Jesus Christ has accomplished.” – John Gerstner, *The Problem of Pleasure: Why Good Things Happen to Bad People.*

# Desire for Rest & Purpose

- Rest that is not just physical but spiritual too. The physical points to the spiritual.
- Purpose that is based on work as our identity and consumeristic “rest” is empty and unfulfilling because it is a physical solution to a spiritual question.
- You can never succeed enough or consume enough to fill a God-shaped hole.
- If Jesus is Lord of the Sabbath then He is Lord of Rest. If we will not seek the Lord of Rest for rest then we will never rest.
- *Man's purpose can only be found through Jesus' rest because we have nothing to prove in Him. In Christ, we are simply His child, His beloved, and the one in whom He is well-pleased.*

