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Working on Rest
Matthew 12:1-13

What does your desk look like?

What does the right use of Sabbath look like?

Three ways God works when you rest:

I. God _____ from the weight of work

Matthew 12:1-5 *At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. 2 When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."* 3 He answered, "Haven't you read what David did when he and his companions were hungry? 4 He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. 5 Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent?"

- Talmud: book includes expanded laws
- 2 examples that :
 - David _____ (Lev 24:8, 1 Sam 21)
 - Priests _____ (Num 28:9-10)

II. God _____ to trust him

Matthew 12:6-8 *I tell you that something greater than the temple is here. 7 If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. 8 For the Son of Man is Lord of the Sabbath."*

- 1st century Middle East culture worked 7 days
- God rested (Gen 2:2)

III. God _____ and our work

Matthew 12:9-13 *Going on from that place, he went into their synagogue, 10 and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath?" 11 He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12 How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath."* 13 Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other.

- v.10 Ongoing debate about Sabbath
- v.13 Restored - ἀποκαθίστημι, *apokathistēmi* - _____

Point:

Doggy Bag: Something to take home and chew on!

1. Has your relationship to work ever gotten out of whack? If so, what contributed to it? How did you respond?
2. When in your current weekly schedule do you take time to rest from work? If you do not, what is challenging about the idea?
3. What in your work is weighing on you?
4. How have you experienced God work when you have rested?
5. Does it take a lot of faith for you to take a day off? Why or why not?
6. If you asked your spouse, significant other, close friend, mentor, or parent to honestly assess the rhythm of work and rest in your life, what would they say?



If you'd like to talk personally and confidentially w/ Pastor Todd about your relationship with Christ, please email pastortodd@thevineva.org or call 703.819.7795 to set up an appointment.