

# Sermon Notes:

## The Gift Of Sabbath

### Short Sermon Series: Wrestling With Worry And Arresting Anxiety #5

#### A WORLD OBSESSED WITH PRODUCTIVITY

*Shoulder To The Wheel.*

*Head Down Bum Up.*

*Get Cracking.*

*Knuckle Down.*

*Seize The Day.*

*No Pain No Gain.*

*There is do or do not – there is no try!*

*Use Every Second Well.*

Do you find yourself thinking or saying any of these?

Do you have a similar saying?

When are they healthy and when are they a problem?

#### WHAT HAPPENS TO THOSE WHO ARE NOT PRODUCTIVE?

There is value in work (and hard work). Work is not a curse but a gift (that is, good work, not slavery). Many who cannot work long for the joy that comes from contributing.

BUT if we judge people's value on how productive they can be, what does it make us? The more materialist our culture gets, the more productivity becomes the key thing, and the less humans are valued!

#### THE THIRD COMMANDMENT: NOT BE ACTIVE, NOT BE ATTRACTIVE, NOT BE PRODUCTIVE. JUST "BE"

The Sabbath day was their day of rest. It's our Saturday – the seventh day of the week. And on that day ancient believers in God rested. They stopped. Sabbath meant rest day. Early Christians changed the day to Sunday. They believed God is not obsessed with laws and

details, so they changed the day of rest to Sunday because it was the day Jesus rose, and because they believed the exact day didn't matter. What mattered was the principle...

*Romans 14:5*

*Some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable.*

*Sabbath: From Shavat = CEASE, DESIST, STOP!*

The word 'sabbath' literally comes from the word 'stop'. To have a sabbath is to STOP. It's to stop work, and anything productive. Sabbath equals stop. Imagine giving this new commandment to people who had been slaves!

#### THREE THINGS WE LEARN FROM THE DAY OF REST

##### 1. A DAY TO LEARN TRUST

*"Sabbath keeping is a publicly enacted sign of our trust that God keeps the world, therefore we do not have to." - William Willimon*

*"Instead of trying to create our own security, we worship the One who is our security. The Presence of God in our worship transforms us into Sabbath people who carry the kingdom of God within them wherever they go." - Marva J. Dawn*

##### 2. A DAY TO HONOUR THE VULNERABLE

*"The Sabbath is a feast day that anticipates our play in the new heavens and earth with family, friends, and strangers for the sake of the glory of God. It anticipates the banquet that Jesus will one day host for us in eternity, when we will enter into his glorious rest forever." - Dan Allender*

##### 3. A DAY TO HEAR GOD

*"Sabbath is a deliberate act of interference, an interruption of our work each week, a decree of no-work so that we are able to notice, to attend, to listen, to absorb this comprehensive and majestic work of God, to orient our work in the work of God." – Eugene Peterson*

Remember, it's not just a holiday it's a holy-day. You don't have to sit and meditate or pray all day, but let the joy and enjoyment you take in this day be prayer!

- Pastor Matt Thiele, Nambour & Witta Lutheran Churches, August 14<sup>th</sup> 2022