

“Greatness:
Just Live It”

“Greatness Through Rest” Core 29

*“The Sabbath was made for man, not man for the Sabbath.
So the Son of Man is lord even of the Sabbath.”
Mark 2:27-28*

A. Rest in the very beginning...

“On the seventh day God had finished His work of creation, so He rested from all His work. And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.” Genesis 2:2-3

1. God stopped His labor on the sixth day!
2. Shabat is Hebrew meaning to cease or to stop. It later became Sabbath or a day of rest.
3. The fourth commandment is the only one that starts with the word “Remember.”
4. The day of rest was literally, “set apart or consecrated to God.” It was to cease from all labor.

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.” Exodus 20:8-10

B. Rest in the New Testament...

1. The New Testament believers began worshipping on the first day of the week, Sunday, after the resurrection.

*“After Jesus rose from the dead early on Sunday morning...”
Mark 16:9a*

2. Jesus broke the legalistic burden that the Pharisees had placed on the Sabbath.

“Then Jesus said to them, ‘The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!’” Mark 2:27-28

3. The Apostle Paul took it one step further to more clearly guide the “day of rest” understanding.

“In the same way, 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. Those who worship the Lord on a special day do it to honor Him. Those who eat any kind of food do so to honor the Lord, since they give thanks to God before eating. And those who refuse to eat certain foods also want to please the Lord and give thanks to God.” Romans 14:5-6

“So don’t let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.” Colossians 2:16

C. God designed us for times of rest...

“Then Jesus said, ‘Let’s go off by ourselves to a quiet place and rest awhile.’” Mark 6:31a

1. A lack of rest...
 - a. Increases stress.
 - b. Depresses the immune system and increases disease.
 - c. Impacts not only our physical, but our emotional system bringing fatigue, doubt, discouragement, defeat, and despair.
 - d. Creates an out of balance feeling that says “I am not enough!! I am not doing enough! Busier is better!”

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7

2. A sufficient amount of rest...
 - a. Increases creativity, productivity, focus, and memory.
 - b. Reorients our thinking patterns and increases our ability to resist temptation.
 - c. Recharges our batteries and strengthens us to resist worry and factors that wear us down.
 - d. Refreshes us in our mind and heart.
 - e. Revives us.

“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!” Isaiah 26:3

D. Jesus promises rest to all who would follow Him...

“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.’”

Matthew 11:28-29

1. It is impossible to rest when you are anxious.
2. It is impossible to rest when you carry your heavy burdens.
3. It is impossible to rest when you wrestle with unmet expectations.
4. It is impossible to rest when you struggle with unfair circumstances.
5. It is impossible to rest when you hold onto unresolved conflict or bitterness.

E. To find greatness in life, we must find soul rest...

“God’s promise of entering His rest still stands, so we ought to tremble with fear that some of you might fail to experience it. For this good news—that God has prepared this rest—has been announced to us just as it was to them.” Hebrews 4:1-2a

1. God promises rest to us who believe!

“For only we who believe can enter His rest.” Hebrews 4:3a

2. God promises rest as we walk in obedience!

“And this righteousness will bring peace. Yes, it will bring quietness and confidence forever.” Isaiah 32:17

“So God’s rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God.” Hebrews 4:6

3. God promises rest by focusing on His Word!

“For the word of God is alive and powerful.” Hebrews 12:1

4. Fix your thoughts on God and keep focused!

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” Hebrews 12:2a

“They do not fear bad news; they confidently trust the LORD to care for them.” Psalm 112:7

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand.” Colossians 3:1

“And so, dear brothers and sisters who belong to God and are partners with those called to heaven, think carefully about this Jesus whom we declare to be God’s messenger and High Priest.” Hebrews 3:1

“What consumes your mind controls your life.”

“True faith is keeping your eyes on God when the world around you is falling apart.”

“The more you focus on yourself, the more distracted you will be from the proper path. The more you know Him and commune with Him, the more the Spirit will make you like Him. The more you are like Him, the better you will understand His utter sufficiency for all of life’s difficulties. And that is the only way to know real satisfaction.” John MacArthur

“When you fix your thoughts on God, God fixes your thoughts.”

“Focus on God, not your problem. Listen to God, not your insecurities. Rely on God, not your own strength.”

“My relationship with God is my number one focus. I know that if I take care of that, God will take care of everything else.”

A New Series:

May 9-10: Greatness: Just Live It!

Greatness Through Leadership Core 30