

Dr. Ron Armstrong • July 19, 2020

Choose the Sabbath Gift

(See: The Ruthless Elimination of Hurry by John Comer)

Week #1. Choose deliberate “slowness.”

1. Slow enough to pray.
2. Slow enough to be.
3. Slow enough to enjoy the journey.
4. Slow enough to love and be loved. In God's economy, this is the prize.

Week #2. Choose the spiritual rest found in solitude.

1. Solitude is spiritual and emotional rest.
2. It's time alone with you, discovering you.
3. It's time alone with God to be quiet, listen, feel peace, and discover what the distractions have been hiding.

Exodus 20:8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 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. 11 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.

Mark 2:23. One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” 27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”

A. Sabbath is a gift from God to you.

1. The Pharisees had lost the joy of it by rigid enforcement. We've lost the joy of it through neglect.
2. The commandment of Sabbath was given to people who had spent their whole lives in slavery.
3. The “never enough” lifestyle is damaging us.
 - a. “Desire” can get us out of bed, which is good, but desire has become the Egyptian slave-driver. It's a 168 hour pace.
 - b. Accomplishment and accumulation have become the drugs of choice for middleclass America.
4. Sabbath means “to cease” from our labor.
 - a. For most people, a “day off” now just means a different place to work.
 - b. We're supposed to do two things on the Sabbath: rest and worship.
 - c. Sabbath is supposed to be like a holiday every week. Holidays are planned, looked forward to, and celebrated.

B. It's time for some new Sabbath traditions, but I don't know what they are.

1. It should include worship, rest, and It's the “and” that I don't know.
2. Your family should define your weekly Sabbath holiday. If you don't, your culture will.
3. Here are three questions I would answer before I decided my new traditions:
 - a. Can I really have a restful Sabbath if I don't set some boundaries for my electronics, work, and hobbies?
 - b. Who will I Sabbath with?
 - c. Am I willing to give up comfortable for valuable?