

Resting in His Perfection

THE WAY WEEK 8 | DAVE D'ANGELO

Sabbath: to stop, cease, arrive at complete rest

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11

- The Sabbath is meant to be a reminder of who saves us and sanctifies us.
- When we profane (ignore) the Sabbath, we're inviting the wrath of God into our lives.

When we practice the Sabbath we are:

1. At rest
2. Secure
3. Wise

Intertestamental Period: 400 years between Old and New Testament, when many of the rules around the Sabbath were added.

One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?" And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him?"

And he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath."

Mark 2:23-25, 27-28

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of things to come, but the substance belongs to Christ.

Colossians 2:16-17

Jesus redeems the practice of Sabbath from striving for perfection to simply resting in His perfection.

→ When we go too long without remembering the real point of our lives we get lost, insecure, unwise, tired and absent from the present because we believe the lie that everything is on our shoulders and not His.

“The Sabbath was made for man, not man for the Sabbath.” -Jesus in Mark 2:27

When Jesus is the point of our Sabbath:

- Our telos (chief aim) gets reordered, which allows us to be unrushed in all of life's moments.

Every Lord's Day, we come together again to worship Jesus, “weary and heavy laden” (Matthew 11:28). As we worship Jesus we are retracing our steps out of the shadows of our weariness back to the substance of our hope—Jesus (Colossians 2:17). By joining together with our church family to not only worship, but also to hear again truth from God's word, which points us to Jesus, by faith we are re-gaining a glimpse of the future rest of Heaven...the glow of “innumerable angels in festal gathering” (Hebrews 12:22). This resetting of our souls echoes the words of Jesus spoken victoriously outside of the empty tomb, “Peace to you!” (Luke 24:36).

When Jesus is the Lord of our Sabbath, we:

1. Worship in person
2. Take a nap
3. Do not work
4. Do something for joy

the way.

DOING WHAT JESUS DID