

SOUL'S NEED: REST

Matthew 11:28 - 12:8



SYNOPSIS

We have a lot of burdens in this day and age, yet Jesus invites us to take His yoke. But we need to learn how to take His yoke upon us so that our souls can find rest.

A yoke was a wooden crosspiece that was fastened over the necks of two animals and attached to the plow or care that they were to pull. There were two ways to wield the yoke - to pair two seasoned oxen together to maximize the efficiency. And then another way to wield the yoke was to put a veteran ox that would be yoked with a young ox in order to train and bear the brunt of the weight and burden while the young ox was learning. With that picture, Jesus is like the veteran ox that is placed beside us to carry the brunt of the weight while we learn how to become like Him.

One of the ways we are to take the yoke of Jesus is to observe Sabbath. Sometimes we treat sabbath as a day off, but we continue to work on this day off - errands, meetings, more work...etc. God instituted sabbath not just as a day off, but intentional reminder that we are not in control.

As we practice the way of Jesus, below are four ways we can follow the intentional rhythms of Sabbath It's strange to think of it this way, but we have to make effort to enter into rest. We have to make adjustments. We have to rearrange our lives so that we can be in the presence of God. We have to unlearn bad habits so that we can become more healthy (especially when it comes to rest).



4 RHYTHMS OF SABBATH

1 STOP

Sometimes we need to just stop completely - stop multitasking and the motor that continues to worry and plan and think about what is to come. There is an element of releasing control to God, intentionally reminding ourselves that we are not in control.

2 REST

Consider resting from: work, physical exhaustion, hurriedness, multitasking, competitiveness, comparisons, worry, decision making, catching up on errands, disconnect from technology (e.g., cell phones, TV, computers, social media).

3 DELIGHT

The Hebrew word for rest actually carries a connotation of delight and enjoyment - a sense of joy and wonder, completion, and play. Take some time to delight in your relationships, creation, and the fruit of your labor.

4 CONTEMPLATE

Take time to contemplate and reflect on your priorities and the ways you need to rearrange your life faithfully around Jesus. "To fail to see the value of simply being with God and doing nothing is to miss the heart of Christianity." Lynne Baab Sabbath Keeping



kairos church



DISCUSSION QUESTIONS

1

What things in our lives currently busy and burden us from resting in God?

2

Do you find it difficult to ask others for favors? To "put your burdens" on another?

3

Have you experienced the rest that Jesus talks about? One that comes from working differently (in a way that Jesus recommends) rather than not working?

4

What makes a true Sabbath? What keeps you from practicing a true Sabbath where you trust and rest in God's sovereignty?

5

What aspects of Sabbath do you struggle with the most? (Stop. Rest. Delight. Contemplate.)



BIG IDEA

Jesus invites us to take His yoke upon us. His yoke is easy and His burden is light. One of the ways we can take His yoke upon us is to understand the importance of Sabbath - not just as a day off, but as a day to stop, rest, delight, and contemplate. As Jesus said, man was not made for sabbath, but sabbath for man. As we consider our own lives and the hurried burdensome lives that we carry, perhaps a good way of becoming more like Jesus is to learn from Him and trust that His yoke is easy and His burden is light - that the way of living He has prescribed for us is truly better than what we can accomplish on our own.