

INTRODUCE

Well, good morning church! If I haven't met you yet, my name is Chris Martin, and I'm the Lead Pastor here. If you've got your Bibles, and I hope you do, please open them up to Genesis chapter 2.

BABY LENI

Hey, thanks for praying and fasting for baby Leni. She is recovering as well as can be expected, but she still needs prayers as she heals and grows. Please keep praying for her and for Savannah and Tanner.

BAPTISM

Also, if you missed the baptism last week...many it was awesome! 37 degrees. It was pure Colorado.

And if you missed it...don't worry...we've got video! Check it out:

VIDEO SLIDE

INTRODUCTION

Today we move into week 2 of our sermon series called *The Disciplines*. And today the second discipline we're focusing on is, for me,

- one of the most formative disciplines I've ever practiced...
- AND one of the most DIFFICULT to stick with.

The second discipline we're digging into is Sabbath. Sabbath. What a foreign concept to most of us, let alone to our world today!

- I mean, nobody is nailing this...
- except Chick-Fil-A and Hobby Lobby.
- We live in a world today that is chronically under-resting.
- Let's talk about some ramifications of that.

WORK TOO MUCH

First, we **SLIDE WORK TOO MUCH.**

Now, stats aren't everything, but let me just give you some stats:

- 134 countries have laws setting the maximum length of the work week. The US does not.
- In the U.S., 85.8 percent of males and 66.5 percent of females work MORE than 40 hours per week.
- Americans work:
 - 137 more hours per year than Japanese workers,
 - 260 more hours per year than British workers,
 - and 499 more hours per year than French workers.

What this has led to is a nation that is almost COMPLETELY driven by workaholism and identity crisis around work.

We WORK TOO MUCH!

SLEEP TOO LITTLE

Next, we **SLIDE SLEEP TOO LITTLE.**

Did you know that before the invention of the light bulb, the average person got 10 hours of sleep each night? 10 HOURS!

- You see, the sun would go down,
- and people would be like,
- *“Well, what d’you want to do?”*
- *“Let’s go to bed!”*

You ever hear stories about Christians from the past who got up at 4am every day to pray for hours on end? Not quite as impressive when they were going to bed at 6:30p!

Now, studies show that adults need at least 7 hours of sleep each night to promote optimal health and well-being.

- Some of you are like, *“Man...7 hours...that’s like a dream!”*
- But in the US the national average is 6.8 hours each night.
- That means that 40% of us aren’t getting enough sleep!

We SLEEP TOO LITTLE!

SETTLE FOR DISTRACTION

But, what are we doing with all those hours we’re not sleeping? Well, for some they’re WORKING TOO MUCH...but for most, we just

SLIDE SETTLE FOR DISTRACTION.

- The average American spends between 3-4 hours on their phones each day.
- In addition, the average American spends another 3-4 hours watching TV each day.
 - Y’all realize right there is another full-time-job, right?

- One study I read said 65.6% of people check their phones 160 times per day!
- 75.4% consider themselves addicted to their phones.
- And 73.4% confess to using their phone while on the toilet.
 - Ok...look to your right...
 - ok, look to your left...
 - now, throw up in your mouth a little...

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TRANSITION

Church, we are WORKING TOO HARD, SLEEPING TOO LITTLE, and even when we are “*at rest*” we’ve SETTLED FOR DISTRACTION to fill that time.

This is a problem!

And the Bible gives us something we can do about it.

It’s called sabbath.

And here’s what I’ve learned as I’ve talked with y’all: **most of us are confused by what the Bible means when it talks about sabbath!**

- So, I consulted a bunch of books on this topic,
- but one new book I’d commend to you is
- *The Ruthless Elimination of Hurry* by John Mark Comer.

This has a great help to me!

EXPLAIN: WHAT IS SABBATH?

Ok, what is sabbath? Well, in Genesis, the very first book of the Bible:

- God is creating everything that exists.
- And it says that each day he creates.
- So, day 1 he creates.
- Day 2 he creates.
- Day 3 he creates.
- Day 4, day 5, day 6...God is working!

But then in Genesis chapter 2 we find these words:

GENESIS 2:1-3

[1] Thus the heavens and the earth were finished, and all the host of them. [2] And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. [3] So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

WORD 1: STOP

What is sabbath? I have four words for you concerning sabbath. And the first word is **SLIDE STOP**.

- So, on days 1 through 6 God is hard at work.
- But then on the seventh day he STOPS.
- On the seventh day he pauses.
- On the seventh day he shuts it down, and STOPS.

The English word is sabbath, but it comes from the Hebrew word *shabbat*.

And the word literally means to cease or stop.

- The sabbath is a day to stop:
 - to stop working,
 - to stop wanting,
 - to stop worrying...
 - to just stop.

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EXPLAIN: GOD'S NOT TIRED

Now, one thing to note here: **God does not stop on the seventh day because he is tired.**

- Alright, just so you know, God doesn't EVER get tired!
- Ok, he's not just hanging out in heaven going,
- *"Oh my...me! 2020?"*
- *Pandemic...riots...fires...you've got who running for president?*
- *I just can't handle all this.*
- *I need a nap!"*

God's not like some stressed out Santa worrying whether the weather is gonna cancel Christmas.

No! He's God!

- **He didn't stop cause he was tired.**
- **He stopped because he was finished!**

Seriously, if you read Genesis 1 you'll notice the rhythm there.

- For 6 days
- He creates...
- He creates...
- He creates...

And then on the seventh day...he stopped! He was done!

- And all I'm saying is he could've kept going.
- He could've created more!
- Real unicorns. Could've created those.
- Wookies...could've created those...
 - But he didn't.
- He STOPPED.

APPLICATION

I'm saying this because I believe this is God setting an example and a rhythm for us. Hear me: **if God stopped one day a week...don't you think we ought to consider this?**

Here's the pushback: *"I have too much to do to stop for a day...."*

God stopped! You busier than he is?

- 6-days we work.
- 1 day we stop.

Ladies and gentlemen...

- you serve the God who created the weekend! Praise his Name!

God built a rhythm into the very fabric of creation.

- Work 6. Stop 1.
- Work six days.
- Stop on the seventh.

WORD 2: REST

First word. STOP.

Second word about what sabbath is: **SLIDE REST.**

The word *shabbat*, there in verse 2 is translated REST.

- **And he “rested”...**
- He shabbat-ted...
- He sabbathed.

Shabbat is most often translated *stop*, but second most, it's translated *rest*.

Now, I don't know if you've ever noticed this rhythm, but man this stuff geeks me out.

- Look at Genesis 1:5

SLIDE GENESIS 1:5

And there was evening and there was morning, the first day.

- Did you see that? That's crazy!

- Genesis 1:8, look at this.

SLIDE GENESIS 1:8

And there was evening and there was morning, the second day.

- Did you see that? That's crazy!

- No...I don't think you're seeing it. Genesis 1:13

SLIDE GENESIS 1:13

And there was evening and there was morning, the third day.

- You see that? That's crazy!
- I don't know if you're seeing that...but this is crazy stuff.

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You see, we think about day in a completely backwards way than God does.

- We think we wake up in the morning to start the day,
- work hard all day long,
- and then go to bed at night exhausted...
 - the first day.

- And then we wake up,
- work hard,
- and go to bed...
 - the second day.

But the rhythm God sets up is that the new day BEGINS when the sun goes down.

- It starts in the evening.
- It starts with rest.
- It starts with sleep.
- And then there was morning!

Does that geek anyone else out?

We were created to start our days with rest.

And then, did you notice what happens in days six and seven?

- Day six, God created humans.
- He creates us...
- he gives us jobs to do...
 - name the animals...
 - cultivate the ground...
 - be fruitful and multiply...praise God!
- And then what happens?

SLIDE GENESIS 1:31

And there was evening and there was morning, the sixth day.

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- God creates them...
- and the first thing Adam and Eve do...
- on their first day on the earth...
- they went to bed!

And then they woke up the next morning and what did they do?

- They didn't get to work subduing the earth...no!
- It was the seventh day!
- The sabbath!
- **We are to start from a place of rest.**

This is a picture of the Gospel, church!

- What did Adam and Eve do that first day?
 - NOTHING!

- What did Adam and Eve do to earn their first sleep?
 - NOTHING.
- What did Adam and Eve do to earn their first Sabbath day?
 - NOTHING.
- What did we do to earn salvation? Nothing.

It's all a gift!

ILLUSTRATION: REMEMBER

When most of us think of the Sabbath, we start in the 10 commandments.

- But I didn't start with the 10 Commandments,
- because I wanted you to see that this is first,
- a principle in creation.

But in Exodus 20...Deuteronomy 5...The BIG 10! You know what number 4 is: **SLIDE** "Remember the Sabbath day, to keep it holy."

The Sabbath is a command!

- And it's the only command with the word
- *remember* attached to it. Why?

Do you think God might have been aware that we would be prone to forget this one?

- God doesn't say: REMEMBER, don't kill people!
- God doesn't say: REMEMBER, don't sleep with your neighbor's wife!

God says, **remember the Sabbath**. Why?

- Cause I forget the sabbath.

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Actually we brag about breaking this command!

You seen those fitness posts online with this hashtag #nodaysoff

- Normally it's accompanied
 - with a pic of you
 - at the gym,
 - posed at just the right angle
 - to hide your double chin!
- It's a real thing.
- I looked.
- 6.1 MILLION posts on Instagram tagged with #nodaysoff.

We don't brag about breaking any commandment except one.

- *"Man, I haven't had a day off in months...*
- *been working hard though...#hustle."*
- 25.3 MILLION POSTS!

This is not how God has created us to live.

You weren't built for #nodaysoff.

You weren't built to #hustle.

- Rest brings strength...
- Rest brings focus...
- Rest brings clarity...
- Rest brings engagement...

WORD 3: DELIGHT

On Sabbath we STOP, we REST...and third, we **SLIDE DELIGHT**.
Back to Genesis 1: each thing that he created he ends with the same cadence:

- **And God saw that it was good.**
- **And God saw that it was good.**
- **And God saw that it was good.**

I like that!

- He creates banana trees...
 - plucks one of those things down and peels it...
 - takes a bite...
 - “yeah, that’s good!”
- He creates elephants, giraffes, wombats...
 - and is like, *“Dang...I’m good.”*
- He creates people, and what does he say?
 - “Now, that’s very good!”

And as I’ve said, the Hebrew word Shabbat can be translated STOP, and REST, but it can also be translated “to DELIGHT.”

It has this dual idea of stopping and resting BUT ALSO of enjoying God and our lives in his world.

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APPLICATION: PLEASURE STACKING

So, for a second, just think with me: What could I do for twenty-four hours that would fill my soul with a deep DELIGHT?

Dan Allender writes this: **SLIDE**

“The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week...Sabbath is the holy time where we feast, play, dance, have sex, sing, pray, laugh, tell stories, read, paint, walk, and watch creation in its fullness.”

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The Sabbath is how we fill our souls back up with life. We DELIGHT!

I read one author call his practice of sabbath “pleasure stacking”.

- He said he just stacks
- as many things into his Sabbath day
- that bring him pleasure as he can.
 - Playing with his kids.
 - Going for walks with his wife.
 - Eating the very best meals.
 - Drinking the very best wine.
 - Taking a nap.
 - Drinking coffee on the porch in the rocking chair.

Pleasure stacking! That sounds good to me.

WORD 4: WORSHIP

We STOP, we REST, we DELIGHT, and finally, we

SLIDE WORSHIP.

Genesis 2:3 – **So God blessed the seventh day and made it holy.**

The sabbath is a day where you connect with your creator.

Of course, you are to connect with God every day...but dwelling in and on the love of God remains the central focus of our sabbaths.

- Throughout Jewish and Christian history,
- Sabbath has included worship with God's people
 - where we feast on his presence,
 - where we soak ourselves in the scripture,
 - where we use our gifts to build up the church.

I don't know if I can over emphasize the importance of both private and corporate worship to be a part of your sabbath if at all possible!

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Are you seeing the importance of this discipline?

ILLUSTRATION: DRIVING

Question: how many of you are "empty the tank" drivers?

Listen, there are two types of drivers...

- there are "*fill the tank frequently*" drivers,
- and then there are "*coast into the gas station on fumes*" drivers.

Guess what kind of driver I am?

- Come on! I know when that gas light comes on...
 - I've got easily 50 miles before empty.

- And if I'm driving downhill...
 - it's more like 75.
- It's like a game to me!

But all that changed when six years ago,

- I was driving with Maryse...and she was pregnant,
- and not pregnant like, *"hmm...I wonder if she's pregnant..."*
- but more like, "Yo, is she carrying twins or something?!?"
- Like pregnant, pregnant.

And hear me...

- I thought I had more gas in the tank...
- I thought I had a few more miles to go...

But we were a few blocks from home, when the car sputtered and stopped.

- Out of gas.
- On the side of the road.
- With my VERY pregnant wife...
- who wasn't looking forward to walking three blocks...
- in her slippers!

APPLICATION

Some of you here today...man, that's where you're living.

- You're living with your tanks on empty.
- You're coasting on fumes.
- You're boiling over.
- You're flipping out.

- You're angry.
- You're disconnected.

It's cause you're living on empty.

- And hear me, eventually you'll run out,
- and find yourself on the side of the road...
- with an angry pregnant woman!

This is where I found myself two years ago...

- Out of gas...
- I had a spiritual burn out...
- I found myself with an empty tank...
- and I'll tell you,
- that's NOT where I wanted to be.

And one of the disciplines that has been the most impactful for my recovery has been the practice of Sabbath.

- The discipline of one day in seven,
- to STOP.
- REST.
- DELIGHT.
- And WORSHIP.

And I know our church, and listen to me, we are a type A church.

- I know y'all
- and I know your work ethic,
- and we are VERY susceptible to forgetting the Sabbath.

So, I say this to us:

The Sabbath will never happen by default...it will only happen by design.

You need to **SLIDE DESIGN YOUR SABBATH.**

APPLICATION: HOW

So, how do we do this?

- Well, in the book of Hebrews,
- when speaking of Sabbath and rest,
- the writer says to
- “make every effort to enter that rest.”
- Now, that sound’s counterproductive.

But the irony of that command is that:

- we are to work hard to rest well.
- This takes intentionality!
- You’ve gotta work hard to rest well.

So, here’s this week’s challenge: we created a DESIGN YOUR SABBATH worksheet for you.

It can be downloaded at **SLIDE** fathomchurch.org/disciplines

Print it off, and notice there are headings for our four words about Sabbath.

So, what you do is write down the things that you can or cannot do on Sabbath.

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STOP

So, under STOP write out things you cannot do on your Sabbath.

These will look different for each person.

Here are a few of mine:

- email,
- social media,
 - really, for all intents and purposes my phone needs to be STOPPED. Ok?
- I can't do any church work on my sabbath.
- Plus, I can't do other things, like chores.

So, my weekend is Friday, Saturday.

- Alright...I'm not closed on Sundays! I'm not Chick-fil-a!
- Yo, I'm at work right now.
- So, my family has chosen to sabbath on Saturday.

So, on Friday I do all the work that I don't get paid to do. You feeling me?

- Yardwork.
- Laundry.
- Cleaning.
- Running Errands.
- Groceries.

These are all on my STOP list, so I can actually Sabbath on Saturday.

REST

Under REST write things that are restful for you. Ok? Again, these will look different for each person.

I heard Matt Chandler say

- that if you work all week with your hands...
 - you will likely rest with your head.
- But if you work all week with your head...
 - then you'll likely rest with your hands.

That one is me. All week I'm thinking and writing and leading and emailing...I need my mind to take a rest...

- so, I like walking
- and biking
- and running
- and moving.

I don't rest by looking at a glowing rectangle...cause I do that all week!

So, on Sabbath, I need to rest my mind.

DELIGHT

Under DELIGHT write things that bring you pleasure.

- Good food.
- Good friends.
- Being in nature.
- Fishing.
- A good book.
- A good movie.
- Listening to music.
 - I don't know.

Whatever brings joy.

WORSHIP

And then WORSHIP.

I think, if you can, you should sabbath on Sundays. If I didn't work for the church that's the day I would sabbath.

- I think coming to church
- Should be a part of your Sabbath routine.
 - Gathering with God's people
 - to hear God's Word,
 - to worship,
 - to take communion,
 - to serve the body...
- this is meant to be a part of your Sabbath.

Does this mean you have to do this on a specific day?

- Well, I think for many of you Sunday makes the most sense...
- but maybe you work on Sundays,
- and so, you've gotta make it another day.
 - That's perfect.
- Romans 14 gives us permission to pick which day...
- Remember, Sabbath is a principle before it's a command.

Please let us not be a church that gets caught up in petty arguments. Ok?

- Technically, the Sabbath was Friday at sundown
- until Saturday at sundown.
- But when Jesus rose from the grave on Sunday morning,
- Christians moved their gathering to Sundays,
 - or as it was known, the Lord's day.

But listen, if you want to enter that argument, you're missing the point of the principle!

So, do download the DESIGN YOUR SABBATH worksheet at

SLIDE fathomchurch.org/disciplines and that's the challenge:

- Design your sabbath,
- and then do it this week!

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ENDING

Now trust me here:

- Sabbath will take you a little while to master.
- OK? After all, *Shabbat* is a verb.
- It's something you do.
- *"I'm going TO SABBATH this week!"*
- *"I'm sabbathing!"*

And like every discipline, we have to TRAIN ourselves in this.

- And it is so counter cultural...
 - NOT to produce.
 - NOT to work.
 - NOT to waste a day with frivolous entertainment.

That it might take you a while to dial this in. That's ok. We're in training!

When I started practicing this more intentionally last year, I found myself really restless the first couple of times I sabbathed.

- I felt like I NEEDED to do something.
- I didn't even realize how much my life
- was wrapped up in working.

But then something happened after practicing this for a couple weeks.

- About halfway through the day,
- to borrow language from Comer,
 - it was like my soul caught up to my body.
 - And I felt free.

I'm challenging you in this church.

Let's train in this for the next 5 weeks, and see if it doesn't take you deeper with Jesus.

Let me end with these words from Jesus, which I think really sum up the kind of rest he wants for us. This is Matthew 11:28-30 but it's from Eugene Peterson's The Message paraphrase.

SLIDE MATTHEW 11:28-30 – THE MESSAGE

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

Anyone else want to live freely and lightly? Sabbath is the gift to get you there.

Let's pray. **LYRICS SLIDE W/PADS**

RESPONSES:

Well, every week at Fathom we respond in 4 ways:

- COMMUNION – THE LORD’S SUPPER
- GIVING TITHES & OFFERINGS – fathomchurch.org/give
- PRAYER - fathomchurch.org/prayer
- SINGING

So, I’m going to read the Words of Institution from the Apostle Paul, we’ll take communion, and then we’ll sing:

1 CORINTHIANS 11:23–26 – WORDS OF INSTITUTION

[23] For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, [24] and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.” **TAKE**

[25] In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” **TAKE**

[26] For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Love you church, let’s stand and sing together.

RESOURCES USED:

- Calhoun, Adele Ahlberg. Spiritual Disciplines Handbook.
- Comer, John Mark. *Practicing the Way*.
- Comer, John Mark. The Ruthless Elimination of Hurry.
- Eldredge, John. Get Your Life Back.
- Foster, Richard. Celebration of Discipline.
- Practicing the Way. <https://practicingtheway.org>
- Scazzero, Peter. Emotionally Healthy Spirituality.
- Tyson, Jon. Beautiful Resistance.
- <https://20somethingfinance.com/american-hours-worked-productivity-vacation/>
- <https://www.reviews.org/mobile/cell-phone-addiction/>