

# “Got Rhythm?”

Genesis 2:1-3, Exodus 20: 8-11

May 7, 2017

*Sermon Series: The Forgotten Commandment: Finding Rest, Renewal, and Joy in Our Busy Lives*

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## THE BIG IDEA

There is a God-ordained rhythm to all of life that includes rest. Without rest, we lose our sense of rhythm, as does the whole created order. God intended for there to be “space between the notes” of life. When we observe rest (the Sabbath commandment) we are poised to receive God’s vision of love for our lives. This is important because it enables us to separate our life’s activities and differentiate between “good things” we are doing versus “God things.” Furthermore, such a vision allows us to embody the intent of the Ten Commandments, which is shalom (the Hebrew word for “peace”). God means for us to express the command to allow rest for our neighbors and not merely ourselves. Finally, Jesus Christ is “Lord of the Sabbath,” who brings rest for our souls after our toiling to find approval and value through all of our efforts.

## GETTING STARTED

### LEARNING & LIVING OUT SCRIPTURE

Together, read Genesis 2:1-3 and Exodus 20: 8-11.

- 1) Why did God rest? (Hint: See Genesis 1:31)
- 2) In regard to rest, what does it mean that we are created in the image of God? Again, revisit these words: “it is very good.”
- 3) There is a social dimension to this commandment, which is to allow our neighbors to rest (Exodus 20: 8-11).
  - a) Is this feasible? Why does this matter?

Together read Luke 6: 1-5 and John 19:30.

- 4) Jesus says he is “Lord of the Sabbath.” Jesus is the one who brings rest to our souls through the completed work of the cross.
  - a) What type of “rest” does Jesus offer? What do you make of that?
  - a) How does the command to observe “Sabbath” point to Jesus Christ?
  - b) Compare John 19:30 with Genesis 1:31. What similarity is there?

### **LIVING OUT “REAL LIFE”**

- 5) Pastor Henry pointed out that if we don’t come to terms with the completed work of Christ on the cross, we will constantly strive to receive approval through our works, performance, and many activities.
  - a) What does it mean to your own life that Jesus says “it is finished” and God says “it is very good?”
- 6) Pastor Henry stated that without rest for the soul, rest for the body will not give us the degree of satisfaction we yearn for.
  - a) What do you think about that?
- 7) How can you interrupt your life with more rest for:
  - a) Your soul?
  - b) Your neighbor, so that he/she can find rest?

### **THE “EXTRA-MILE”**

Don’t shop, eat at a restaurant, order something online, or engage in any type of activity that causes your neighbor to labor. Identify one day of the week to do this and maintain this habit throughout the rest of the series.

### **SHARING & PRAYER REQUESTS**

Ask your peers to pray God’s blessing upon your current call to work (whether you’re a parent, grandparent, full-time worker, empty nester, etc.).