

FOLLOW ME PART 2

“SABBATH”

SCRIPTURE: GENESIS 2; MARK 2; ISAIAH 58;

EXODUS 20; PSALM 23; MATTHEW 11

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INTRODUCTION

- Week 1 - Come Follow Me, taught us to Be with Jesus, Become Like Jesus, Do what Jesus Did.
- Whatever has our attention will determine our direction.
- This week - Everyone loves the idea of rest, but most of us are terrible at it.
- What if rest was actually an act of obedience?
- What if rest is less a reward for finishing everything, and more a rhythm that keeps us grounded?

I. IN THE BEGINNING

- Genesis 2:1-3, “So the creation of the heavens and the earth and everything in them was completed. ² On the seventh day God had finished His work of creation, so He rested from all His work. ³ And God blessed the seventh day and declared it holy....”
- Before sin entered the world, there was rest.
- Sabbath is a reminder that life with God includes rest, it requires trust.
- Sabbath is tithing our time.
- Sabbath is an invitation of surrender that acknowledges God is our provider and Jesus is our King.

II. SABBATH AS A GIFT

- Mark 2:23-28, “...²⁷ Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. ²⁸ So the Son of Man is Lord, even over the Sabbath!”
- Following Jesus will require you to disappoint expectations.
- Sabbath is not a rule to keep; it’s a rhythm that keeps us:
 - Grounded in grace.

- Dependent on God’s provision.
- Aligned with who we really are.
- Sabbath is not just a day *off*; it’s a day *set apart*. It is a day of rest, worship, and delight.
- Rest is an act of resistance in a culture addicted to more.

III. THE ACTION OF REST

- Isaiah 58:13-14, “Keep the Sabbath day holy. Don’t pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD’s holy day...¹⁴ Then the LORD will be your delight...”
- This is God re-orienting His people, to His rhythms.
- Exodus 20:2-17, “I am the LORD your God, who rescued you from the land of Egypt, the place of your slavery...
⁸ “Remember to observe the Sabbath day by keeping it holy...the seventh day is a Sabbath day of rest dedicated to the LORD your God...¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the LORD blessed the Sabbath day and set it apart as holy...”
- God’s command for Sabbath was a declaration: “You are no longer slaves.”
- Sabbath reminds us who we are and whose we are.

IV. REST IN A WORLD OF BUSY

- Sabbath shifts our focus from productivity to presence, from striving to surrender.
- Real rest means being fully present with reality and recognizing He is still in charge.
- Psalm 23:1-3, “The LORD is my shepherd; I shall not want. ² He makes me lie down in green pastures. He leads me beside still waters. ³ He restores my soul. He leads me in paths of righteousness for His name’s sake.”

CLOSE

- Sabbath needs to move from have to, to get to.
- Matthew 11:28, “Come to Me, all you who are weary and burdened, and I will give you rest.”