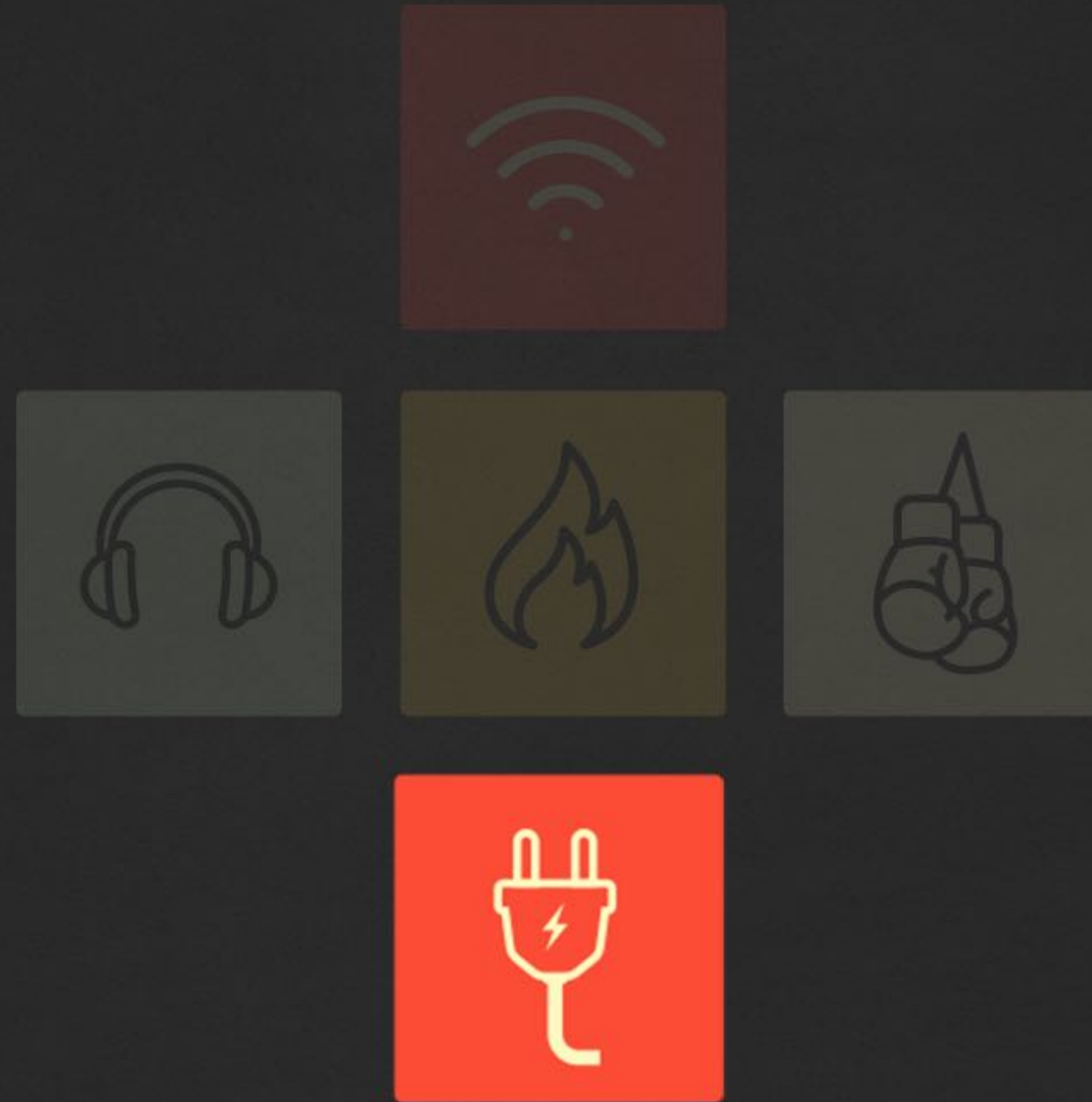


# REST: SLOWING DOWN TO POWER UP

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# Radical Minimum:

a weekly time set aside for rest and worship.







For six days, work is to be done, but the seventh day shall be your holy day, a day of sabbath rest to the Lord. Whoever does any work on it is to be put to death.

Exodus 35:2





Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:3





The Sabbath principle was established at  
creation and before the fall.





# Sabbath Is a Sign





Then the Lord said to Moses, “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the Lord, who makes you holy. Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. For six days work is to be done, but the seventh day is a day of sabbath rest, holy to



the Lord. Whoever does any work on the Sabbath day is to be put to death. The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.””

Exodus 31:12-17









**Enforcement is never contagious but  
celebration is. Sabbath is to be our joy.**





# Sabbath Is a Gift





One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread,



which is lawful only for priests to eat. And he also gave some to his companions.” Then 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 2:23–28









God created the Sabbath for the well-being of  
humanity, not the other way around.





# Sabbath Is a Chance





Another time Jesus went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.



He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Mark 3:1–6









While evil is prohibited whatever day it is,  
doing good is required whatever day it is.





# Jesus' Approach to the Sabbath

1. Worship, it's necessary (Exodus 31:13).
2. Work, if necessary (Mark 2:23-24).
3. Mercy, with opportunity (Mark 3:4).





Getting the balance right means avoiding the extremes where either nothing is allowed or everything is permitted.

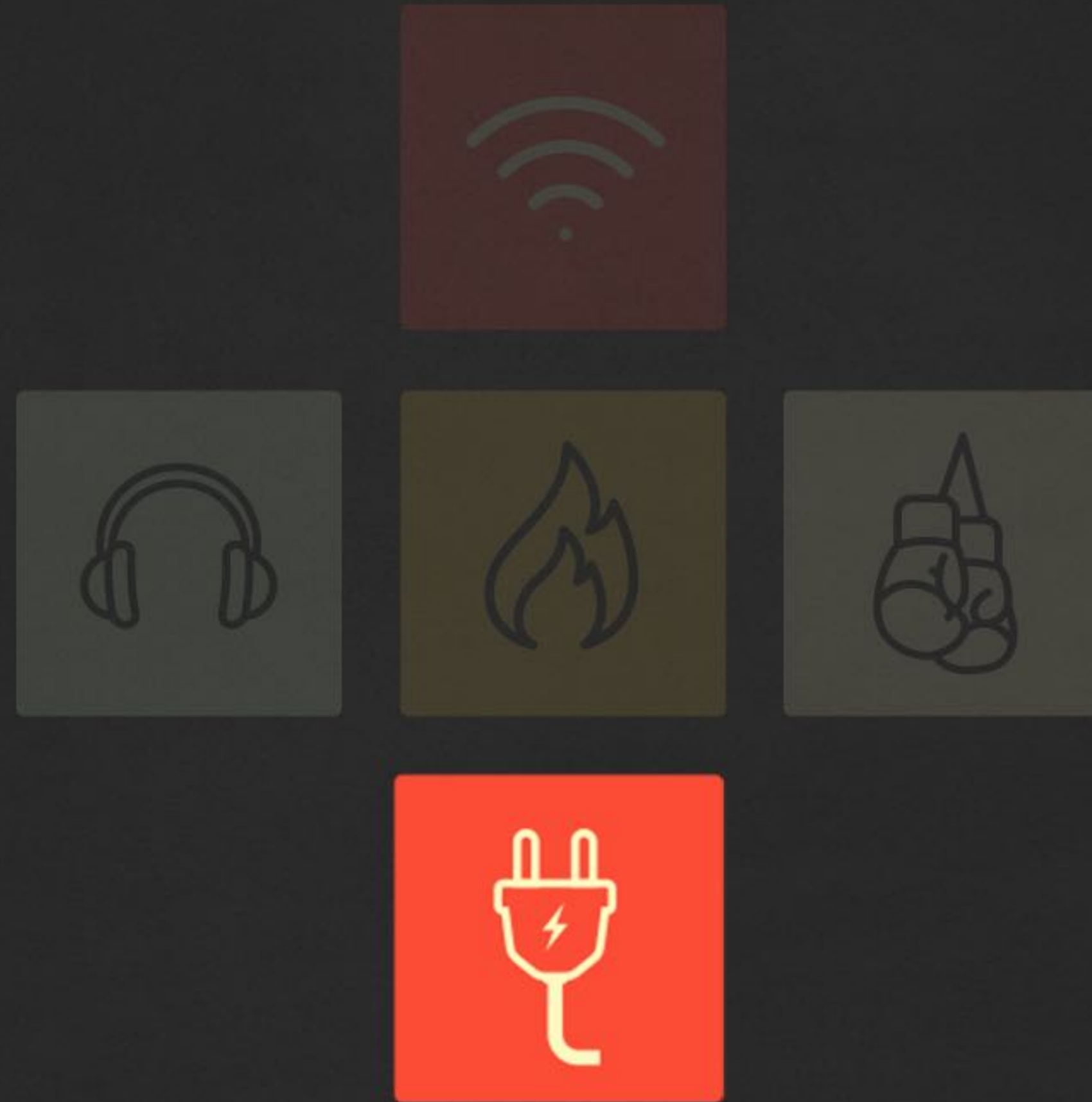




Unplugging is an act of consecration that declares there to be nothing I can do to make God love me anymore than He does.







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