

Today's Message: "Trading Best"

*"Some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell."... He said to them, "This is what the LORD commanded: 'Tomorrow is to be a day of rest, a holy Sabbath to the LORD . So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.' " So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. "Eat it today," Moses said, "because today is a Sabbath to the LORD . You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any."
(Exodus 16:20, 23-26, ESV)*

We try to live by our own power to produce what we need to consume rather than trust God's ability to provide what we get to steward.

Before the Sabbath was a commandment, it was a gift of time and identity.

*"The Sabbath was made for man, not man for the Sabbath."
Jesus, in Mark 2:27*

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the PEACE of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:4-7

Some Myth-Busting About the Sabbath:

1. The myth of Escape // We steward good gifts. (Romans 8:28)
2. The myth of Performance // We live for an audience of one. (Ephesians 6:7; Galatians 1:10)
3. The myth of Sunday // We enjoy the regular rhythms of grace. (2 Corinthians 12:9; Matthew 11:28-30 MSG)
4. The myth of Production // We cease striving. (Psalm 46:10; Ecclesiastes 2:22)

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Pastor Doug Welder

January 17 & 18, 2015

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Small Group or Personal Reflection Questions:

1. How is the pace of your life? Would you say you are rested, living in margin, and regularly delighting in God? When was the last time you feel like you experienced a Sabbath?
2. Read back through the Scriptures we discussed in the sermon, all the way through the mythbusting. Be sure to read the whole story in Exodus and Mark that are referenced. What do you learn here about the Sabbath that reinforces the sermon?
3. Talk about the tension between the Sabbath as a commandment but also a gift of time and identity. What does that mean? How does it relate to the phrase: "we live by our own power to consume, not by God's power to provide"?
4. What does it mean to "delight in God"? How is that an accurate description of the Sabbath? Do you think it has to be done only on one day?
5. We talked about four myths of the Sabbath. Which one(s) have you believed and how do you understand God pulling you towards the reality (truth) that was shared about that area of your life?

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