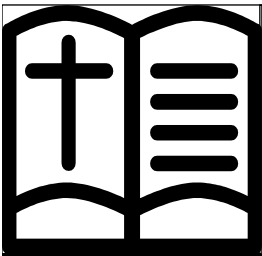


“REST” part 1

MARK 1:21-28; HEBREWS 4; + SCRIPTURES

- I. HEALTHY HABITS - Jesus goes to synagogue**
- A. Habits, for better or worse, are a part of our lives
 - B. Healthy habits for life are prescribed, even commanded, by God in Scripture
 - C. Healthy habits are the result of good discipline: home; personal; teachers; elders; good friends
 - D. Jesus is our example of healthy habits
 1. Continuous trust in the Father joyfully
 2. Continuous, sincere, confident prayer
 3. Extensive knowledge of and confidence in the Word of God and His role in it
 4. Continuous focus on the Kingdom of God and His mission
 5. Constant vigil on the well-being of His people
 6. Practice of love that eliminates fear
 7. Regular compassion to meet needs
 8. Continuing awareness of the multiverse and its activities
 9. Good balance of solitude and togetherness
 10. Engaged attendance at synagogue every Sabbath and required Temple festivals
 11. Proper understanding and practice of Sabbath and rest
- II. JESUS’ PRACTICE OF SABBATH AND HABIT OF REST**
- A. Jesus is Lord of the Sabbath; its Creator - Mk 2:28
 - B. Jesus created Sabbath for man - Mk 2:27



- C. *The Sabbath, the seventh day of the week, is a holy day of solemn rest to be kept as a perpetual covenant with God and Israel under penalty of death for violation Ex 31:15-16*
- D. *The Sabbath was to be a total day of rest for not only the Israelites but their workers, their beasts and any visitors in the area Ex 20:10*
- E. *The Sabbath is a holy convocation, an assembly; it was a gathering with other believers to focus on God and His Word*
- F. *The Sabbath is to be a holy day, that is, completely different than the other 6 in the week*
- G. *Isaiah, the prophet, had already been given the Word of the Lord regarding acceptable Sabbath celebrations and hinted at the actions Jesus was doing on an as-needed basis Isa. 58:13-14; 6-12*
- 1. Stop pursuing your own interests*
 - 2. Make the Sabbath a delight instead of a dull duty*
 - 3. Make it a day worth honoring*
 - 4. Find delight in Adonai instead of your usual things, or your interests or even speaking of them*
- H. *The Lord of the Sabbath questions critics what actions might be allowed on Sabbath and then demonstrates acceptable Sabbath actions*
Demonstrations from Gospels
- I. *Jesus is the source of rest - Matt 11:28-30*
The Sabbath is the shadow of that rest...more later