

DEVELOPING A LIFE OF PRAYER
EDGEMONT BIBLE CHURCH
2021-2022 (February 09, 2022)
“MAKING BEING HEARD BY GOD REAL” Part 3
ISAIAH 58:13-14
SCRIPTURAL BACKGROUND

“MAKING IT REAL & DOING WHAT HE LIKES”

TAKING THE PROPER REST AND RE-CREATION

13 "If you turn away your foot from the Sabbath,

Sabbath means “rest”. “Rest” is an important concept in redemption and reconciliation.

Rest is what God did on the 7th day of creation. He stopped creating and rested to appreciate all He had made and to watch it work in righteousness and true harmony. He had created a harmonious, balanced, interactive, interdependent, interrelated, symbiotic world in which all things worked with each other to create the peaceful and righteous self-sustaining world. It could fully provide for all its occupants, who also lived together in harmony. He rested to watch it work with no effort on His part. It held together and functioned by the Word of Christ!

Rest from slavery in Egypt was going to be the end result of redemption to the promised land. No longer would they work for another man to take. He was going to make of them a nation; they did not have to do nation building! Once a day they would cease their labors for a meal together enjoying what they had worked for and then rest overnight. Once a week, they would halt all normal activity and enjoy the rest God was giving them with their family. They would enjoy the fruits of their labor and know that God was providing for them. They would remember that He was the one giving them power to obtain what they needed and to be able to share with others. They would give their tools, work animals and servants a day of rest as well. Once every 7 years they would let the land have a recuperating rest. On the seventh of those

7th year rests would be a jubilee of rest and restoration of all things back into the hands that were given them from the start. All debts were forgiven and the bondage of slave-work to pay those debts ground to an abrupt halt. That rest brought liberty through out the land!

Rest from the labor of self-righteous effort was the promise Jesus was given. If people would unite with Him, He would give them rest from trying to justify themselves before God and Himself bring them to the desired peace with God; their efforts were ended!

The kingdom itself is rest from labors that often produced undesirable weeds, thorns and poisons. The land would no longer resist us. The final kingdom is rest from guilt, self, sin and all efforts to fight them. Our final state is full rest in God!

On this day you will do no work – turn away your foot, take a different path than usual; you will take a path of peace, joy and thanksgiving; do no normal work activity. It is considered traditional teaching that with Christ's resurrection, the first day of the week replaced the seventh day as the Sabbath. There is no Scriptural statement to that effect. It is a derivative statement based on "logic" not Scripture. The Sabbath as a law or command, was never given to Gentiles; it was the perpetual covenant remembrance of God and His people, the children of Israel. But the principle of one day of rest in seven is a creation principle. The freedom principle found in Romans 14 and Colossians 2 of letting no one judge you in how you designate your days, allows the believer to choose one day a week or to choose every day of the week to be the Lord's Day. It also appears in the New Testament that the day they honored Christ as a Sabbath was called the Lord's Day regardless and usually was the first day of the week.

From doing your pleasure on My holy day,

We do our own way all the other days of the week. Here we are to enjoy the Lord; this is about lordship and who is the Authority for our lives. Once you come to realize that you are not the center of all things and that the True Center is providing for you despite your efforts, you are freed from your prison of false divinity. This will be true re-creation

And call the Sabbath a delight,

This becomes our favorite day of the week; it is the crown of the week; the Sabbath was to be the regenerator that prepared us for the rest of the week. From the Sabbath the week is blessed and filled with the joy of the Lord; but like Moses and his need to wear a veil, through the week the “glory fades”. But by “slump day” (Wednesday) we are already looking forward to the day of the Lord. The week is up from there! That is a reason why we meet on Wednesday evening; to restore the joy of the day to which we are looking forward!

- 1) Do not make this a legal matter that makes you feel justified before God for doing it and disappointing to God for not doing it. Do not make this a commandment issue that has to be done; make it a love issue, a gift from God, you get to do! This is a Romans 14 and Colossians 2 matter.
- 2) Come to the realization that the rest and re-creation is for you; you are the beneficiary. God planned the sabbath (rest) for man not man for the sabbath (rest)
- 3) Even though God has planned a rest for you and you are the beneficiary for practicing it, it is God and drawing near to Him that is the focus of the practice. This becomes intense as you discover more about God, the Father, God, the Son, the Messiah, and God, the Spirit. As you intentionally draw near to Him, you are blessed by the powerful relationship you are experiencing and the renewal coming from it. It is the ultimate human experience to be in a personal relationship with God

The holy day of the LORD honorable,

This day for honoring the Lord with rest and re-creation, is not only to be considered a delightful day but an honorable one as well! He tells us that when we can make that transition to delighting in being with Him over being delighted in our own pleasures is when His blessing to such a respectful one occurs.

Let this day be your celebration of your freedom from self-effort in saving yourself. Celebrate that it is not by works but by grace through faith you are saved, and

even that is not of your own doing! This is why you honor God on this day. It is gratitude and praise! Let this day be an honorable day for anticipating the restored creation with the new heavens and the new earth, a new body, the end of the curse, new relationships, being unhampered in your relationship with God in His presence!

- 1) Though it is clearly a law, regulation, or a requirement of God for Israel, it should be remembered that God's reason for requiring a 1-day-in-seven rest day was in commemoration of His taking a rest from creating and enjoying fellowship with all He had made. For us who know Christ, it is Creation principle not a legal requirement.
- 2) As a believer in Christ, you do not have to choose Friday evening to Saturday evening as the day of rest; that was the Sabbath rest for Israel in the older covenant. You may choose another 24 hour period as the time of your rest and re-recreation. To show respect for the time, let your 24 hour period begin with the sunset the evening before and finish with sunset the following day. Many in the church have chosen the first day of the week as their day of rest. If that is what you choose, let it begin on Saturday night at sunset and conclude at sunset on Sunday evening.

And shall honor Him,

(The point here is that we are focused all week on surviving and thriving, what we want, what we have to do, our interests i.e. we are the focal point of all that we do. This will cause us to think of ourselves as the center of the universe with all attention focused on ourselves. He is calling us to the reality that we are living in His world as stewards and He has promised to care for us, meeting our needs. He wants us to be re-created, realign ourselves, refocus on our true calling, His glory. To do so is to receive from Him love, acceptance, provision and fulfillment. He gives us at least 3 categories that demonstrate honoring Him. They are:)

Not doing your own ways,

Break your routine. This is not a workday. On this day your thoughts will be of God, His person, His work, His creation and what it shows you of Him. Set aside your work materials, your goals, your vision, etc. This will be difficult at first because we are so used to self-focus. Without the right focus and purpose, we will get bored with it, for we are so used to being the center of attention and doing only that which pleases ourself. It will be especially for our children you are used to being entertained.

Nor finding your own pleasure,

You have stopped your normal routine of work and taken time off. You will need to fill it with something or you will find yourself drifting back to work or resenting it because you are bored. Naturally one might drift toward pleasures you do not normally get to do because your work schedule does not permit. But this brings you back to you being the one who needs to be served rather than the Creator in whom you are to be taking your refreshing, re-creating delight. Chill! You do not need to be entertained and occupied with things YOU like; set those thoughts aside and seek what pleases Him.

Nor speaking your own words,

We are convinced that our opinions are really sound and that we are pretty sharp. We like expressing ourselves, so we repeat to ourselves the things that reinforce our divinity and wisdom. With this properly used day of rest, we get the chance to be learners, those who can grow in wisdom, truth and grace instead of being convinced that we know all we need to know. There are two great “books” of knowledge God has given to us: the natural world and the revealed word of God, the Bible. On this day, we learn from both of those books what God’s perspective (wisdom) on existence in this age is. Focus on those two great books.

BENEFIT OF THE PROPER RESPECT OF GOD IN RESTING AND RE-CREATING

14 Then you shall delight yourself in the LORD; *God becomes the main priority to you and with that you are reaching full humanity. The relationship for which we were made is restored to us*

And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. *Deuteronomy 32:13 Abundant provision from God's secret, miraculous storehouse; abundance in what appears to be scarcity*

The mouth of the LORD has spoken." (NKJV)

SUGGESTIONS FOR HOW ONE MIGHT DO THIS

SHORT VERSION

START SMALL AND ADD TO IT EACH WEEK. FROM BELOW PICK WHAT YOU THINK YOU CAN DO AND PRACTICE IT FOR A COUPLE OF WEEKS AND THEN ADD SOMETHING TO IT. THESE ARE ONLY SUGGESTIONS.

PLAN! You will be very frustrated if you just "let it happen". Think through meals, schedules, clothing, blessings, stories you might tell, videos to watch, books to read (missionary biographies can be good or choose a book with humor or good character building or a good moral; if you are not a good reader allow another in the family to read the book for the family) etc

Let your day of rest begin the evening before at sunset.

Preparations before sunset need to have included

Preparing the evening meal; engage as many as you can in the meal preparation to reduce work load - this is about rest

Preparing food for the meal the next day since no one will be doing food prep on that day. It may be simple: something taken from the refrigerator and eaten cold or warmed up with little effort.

Having all clothes that will be worn on the day of rest clean and set out for the next day.

*Some kind of breakfast that requires little or no effort
If you will be sharing the Lord's table together all those elements
need to be prepared and handy for after the evening meal
The head of the household needs to think through the blessing he/she
wants to give those he/she will bless; be bold not timid; don't
say you can't do it because you have never done it. Use the
meaning of their name to give you a clue how to bless them;
bless them with a purpose you think they are fitted for.*

*Have a good family meal together at the dining table set for a celebration;
have good conversation and laughter, do not be negative; tell stories
(mom and dad can tell childhood stories or the kids can tell a
favorite story, event or memory of their own); set the table for a
celebration.*

*At the end of the meal, share the Lord's table with the believers in the
family. If you are not comfortable with this or if you sense that
sharing the table would leave someone out, you are under no
obligation to do it! THINK what you could do.*

*After the Lord's table sharing (if done; if not, skip to this just after the
meal) the head of the household could go from one diner to the next
blessing them with a good blessing from God's Word.*

*With the blessing completed, let all assist in table cleanup. Minimize the
work for the meal preparer*

*If you are going to use Sunday as Lord's Day (rest day), make sure the
clothes to be worn for assembly are clean and ready to be put on
immediately on Sunday morning. Take all baths, showers and
whatever prep would cause the least turmoil on the rest day.*

*After the meal, spend some time talking, read a portion of a good book or
use a board game. If you watch video programming try to make it
one about nature. The natural world is a great refresher for our
souls. Watch a video of some good Christian movie or a movie that
has positive traits*

Go to bed early and get a good night's sleep.

*Rise the next day and keep it positive. Sing and celebrate; turn on good
positive music of praise and testimony. Let music fill your home*

*Anticipate resistance from little "gods" in your home and the "god of this
age"! Stay calm and be at peace.*

*On the actual day of rest, if it is Sunday, go to assembly with other
believers for all available to you! Go with the idea you want to know
what God wants you to know. Be an encourager!*

Come home, have a meal! Rest with naps or take a walk outside, read etc.