

Main Emphasis Idea:

What does it mean to sabbath or rest? When it comes to our new Rule of Life practice, how do we implement it?

Hebrews 10: 1-14

For since the law has but a shadow of the good things to come instead of the true form of these realities, it can never, by the same sacrifices that are continually offered every year, make perfect those who draw near.

2 Otherwise, would they not have ceased to be offered, since the worshipers, having once been cleansed, would no longer have any consciousness of sins? 3 But in these sacrifices there is a reminder of sins every year. 4 For it is impossible for the blood of bulls and goats to take away sins. 5 Consequently, when Christ came into the world, he said,

“Sacrifices and offerings you have not desired,

but a body have you prepared for me;

6 in burnt offerings and sin offerings

you have taken no pleasure.

7 Then I said, ‘Behold, I have come to do your will, O God,

as it is written of me in the scroll of the book.’”

8 When he said above, “You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings” (these are offered according to the law), 9 then he added, “Behold, I have come to do your will.” He does away with the first in order to establish the second.

10 And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

11 And every priest stands daily at his service, offering repeatedly the same sacrifices, which can never take away sins. 12 But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, 13 waiting from that time until his enemies should be made a footstool for his feet. 14 For by a single offering he has perfected for all time those who are being sanctified.

Questions That Need Answers:

1. How do we rest from our own participation in our salvation?

Intro

As we continue in this rest emphasis, Brian discussed super well rest from the world, consumerism and the need for Sabbath, and last week we took a look at what you really need rest from deeply, which is yourself. So tonight I want us to talk about rest not from the world, but rather rest from what most of us have been taught this journey is all about when it comes to Christianity.

People are human

you see although we are growing, not just as christians but as people in our understanding of good and evil, our morality, and even our empathy and equality, there was always an awareness that people make mistakes, we are still learning. But in todays world, often a mistake means you are banished, you no longer get to live, you are cancelled, ended, done.

Here is what is worse, we have brought this into what it means to be a Christian.

"We can only do it for moments at first. But from those moments the new sort of life will be spreading through our system."
— C. S. Lewis, *Mere Christianity*

Its time to release the reigns

You see The writers of the New Testament were trying to stomp something out of Christianity that they thought was extremely troubling and detrimental to our faith, and that was this...

"Our own participation in our acceptance."

You can't play a role

Ephesians 2: 8-10

8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

This is the foundational understanding of all the writings of Paul, and his arguments about what Christianity is all starts here...

Your salvation, your acceptance into this family, must be seen as a gift... because it is. I am you see unable to participate into my adoption as a Son of God, which according to Paul I have been declared.

Performance vs Pursuit

I constantly catch myself not in pursuit, but in performance. Because if we were all honest, the longer we sit praying, reading, church, you name it, we all go to the same place... Jesus is either mad at me right now or disappointed.

The problem is... our whole lives as a stated last week are about earning? But Christianity is not about earning... it's about the freedom to pursue.

Earning vs Effort

Dallas Willard is quoted so famously for saying

“Grace is not opposed to effort. It is opposed to earning.”
— Dallas Willard

Now let me give me some good news, we have been struggling with this for roughly 2,000 years.

Because effort and earning are not the same thing... but man do they feel close.

So how do we truly separate the two... here is the best way I can say it.

Earning - is the implementation of practices, habits, and decisions, with the goal of belonging.

Effort - is the implementation of practices, habits, and decisions, because I belong to something.

We get to Rest

The writer of Hebrews is stating this, those who have accepted Christ, and are becoming like Christ, already have the guarantee of perfection.

That should for all of us, flip our pursuit on its head. You have already been promised the end, Christ is simply inviting you to come on the journey to that.

EMPHASIS: REST

TOPIC: **REST FROM OUR WORK**

That's what Hebrews 10 is all about... He states there are still people offering sacrifices to this day, trying to reach something they can't through sacrifice... Because as he states, if the law could put us right with Christ, it would have for years before Jesus. But now... Guess what we get to do?

We get to rest

Rule of Life Practice #3

Weekly Rest

SPIRITUAL:

The practice of Weekly Reset is an invitation to spend one day every week in rest, pleasure, delight, and worship. It is a gift and an opportunity to take the day off from work and worry, to enjoy time with family, friends, and Jesus.

PRACTICAL

Choose one day every week that practically works for your family to cease from work and the busyness of life, to fill your day with the things that bring pleasure and rest to your soul, while centering yourselves around Jesus.
