

G.O.S.P.E.L.

RULE OF LIFE



What is a “Rule (Trellis) of Life”?

Biblical Discipleship Habits and Practices fueled by the gospel so as to abide in Christ (John 15:5).

Pete Scazzero: “A Rule of Life, very simply, is an intentional, conscious plan to keep God at the center of everything we do.”

As We Begin:

1. Intentional Weekly Application: As you remember and rejoice in the gospel, we are asking you to engage with us each week with a particular practice.
2. Know and memorize key words/practices

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(S)abbath: The Practice of Rest and Enjoyment

Our Culture’s Rule of Life: The Practice of Busyness and Hurried Living

What The Gospel Brings About: The Gospel frees us from our busy and frenetic lives, enabling us to rest and joyfully engage God, others, and our world in the present moment.

(S)ABBATH: The Practice of Rest and Enjoyment
(Pages 8-9 in your Booklet)

1. Questions for Consideration
2. Biblical Support and Framework
3. What Sabbath Looks Like
4. Practicing the Sabbath

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1. Questions for Consideration

1) Why is it needed?

Dallas Willard to John Ortberg:

"You must ruthlessly eliminate hurry from your life."

Ortberg (jotting that down): *"Okay, what else?"*

Dallas Willard: *"There is nothing else. Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."*



LIVE IN THE MOMENT

1 Chronicles 12:32: From the sons of Issachar, men who understood the times, with knowledge of what Israel should do, their chiefs were two hundred; and all their kinsmen were at their command.

Romans 13:11-12: Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed. The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light.

2) Why do we resist it?

From Tim Chester:

- I'm busy because I need to prove myself
- I'm busy because of other people's expectations
- I'm busy because otherwise, things get out of control
- I'm busy because I prefer being under pressure
- I'm busy because I need money
- I'm busy because I want to make the most of life

"A life of over-busyness is rooted in the false belief that God does not meet the desires of our heart, so we must meet them ourselves. This can be so all encompassing that it works its way into every area of our lives. Hence, project ME." - Tim Chester

(S)ABBATH: The Practice of Rest and Enjoyment
(Pages 8-9 in your Booklet)

1. Questions for Consideration
2. Biblical Support and Framework

Biblical Support and Framework:

1. Sabbath is rooted in Creation.

Genesis 2:1-3: Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Lesson: God observed this pattern of work and rest as a model for us!

Exodus 20:8-11: **Remember** the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. (Note the **creation** theme) For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Application:

a. The Sabbath reminds us that we are not limitless.

Just Earley: *"Practicing sabbath is supposed to make us feel like we can't get it all done because that is the way reality is. We can't do it all. Sabbath protects us from acting out the lie that we can. Sabbath helps us discover the restless soul of which Augustine wrote."*

Application:

a. The Sabbath reminds us we are not limitless.

b. The Sabbath reminds us that we are to entrust God with our lives.

There will always be important things to do, there will always be more we can do, there will always be ways to improve what we do.

And yet, Sabbath reminds us that we are to let go and entrust to God all that we do and where things are at in our lives.

Justin Earley: "I began sabbathing out of necessity; my health depended on it. Now I sabbath as a way to understand my salvation; my soul depends on it. When I stop working, I have to admit that the world doesn't depend on me. At times it feels like the planets will fall out of orbit if I cease to write emails and remove myself... Amazingly, not only do the planets faithfully hang in space but usually no one notices I'm gone!" ...

"Sabbath helps me see how small I am. When I don't see that, I'm always prone to misunderstand the reality of who is dependent on who. The belief that we sustain the world and God doesn't is at the core of our unrest... In the deep stillness of habitual sabbath, the truth of the world beings to sink in: you are not necessary. That's the beauty of grace. He is the author and finisher of our faith. He created and will bring about new creation to its fullness."

Biblical Support and Framework:

1. Sabbath is rooted in Creation.
2. Sabbath is connected to Redemption.

Deuteronomy 5:12-15: *Observe* the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ...

(Note the *redemption* theme) You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day. - Deuteronomy 5:12-15

Lesson: Sabbath is a way of living free in the gospel from the enslavement to idols, especially work.

Key Takeaway(s): The Sabbath and the Gospel

1. The observance of weekly Sabbath is not about keeping a list of do's and don'ts, it is about joyfully receiving afresh life and salvation as gifts from God. The focus of the Sabbath is to remember that all of life is meant to be a worship response to the God who made us and saved us.

Key Takeaway(s): The Sabbath and the Gospel

2. Taking a "day off" does not free you from idols, **Jesus alone frees you from idols**. This is why the New Testament tells us that Jesus is Lord of the Sabbath (Matthew 12:8)! Sabbath in a sense is a person (Jesus IS our rest). This is why an essential part of Sabbath entails worship (remembering and rejoicing in the gospel).

Key Takeaway(s): The Sabbath and the Gospel

3) The practice of Sabbath serves us a pointer: there is a full/eschatological rest to come, the full freedom from sin we WILL have in Christ.

Hebrews 4:9-10: So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

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4 Essential Components (Drawn from Pete Scazzero's Emotionally Healthy Spirituality):

1) STOP

Trust God and leave your unfinished work undone.

What do you find your find yourself having trouble stopping? What do you think God might be telling you through this?

4 Essential Components (Drawn from Pete Scazzero's Emotionally Healthy Spirituality):

1) STOP

2) REST

"The Siesta"
by
Van Gogh



REST:

- Slow down

- "Do nothing, make nothing happen."

- Rest that is Spiritual, Physical (nap), Emotional (from people), Intellectual (from thinking and strategizing and being "present").

Justin Earley: *"One of the first things we learned was that proper sabbathing is...about doing restful things. Often our inclination to stop and veg out ended up being counterproductive. Some of it was exactly what we need, especially what our bodies needs, which is some downtime and the refreshment of laughter. But our souls need more than to do nothing; they need to do restful things."*

Abraham Heschel: *"A man who works with his mind should sabbath with his hands, and a man who works with his hands should sabbath with his mind."*

4 Essential Components (Drawn from Pete Scazzero's Emotionally Healthy Spirituality):

1) STOP

2) REST

3) DELIGHT

Delight: As we delight in the “Perichoresis/Dance” of the gospel brought about in Christ, in our spiritual practice of Sabbath we delight and celebrate...with music, with beauty, with food, with fun, with affection.

What delights you and fills you?

One way to think about Sabbath “Delight”:

Eric Kapur: *“The Sabbath is meant to feel like a wedding reception. The newlywed couple sets aside all their planning, decisions, nervousness, and work in order to dance, eat, laugh, and kiss - to enjoy the fruit of all their labor by enjoying each other. Do you allow yourself time to enjoy God and His good gifts or are you too busy working to earn lesser joys? Are you so busy planning the wedding that you don't have time to dance?”*

Isn't it amazing that you have a God who desires for you to delight and have fun?

4 Essential Components (Drawn from Pete Scazzero's Emotionally Healthy Spirituality):

- 1) STOP
- 2) REST
- 3) DELIGHT
- 4) WORSHIP

WORSHIP:

1. Make worship (personal and corporate) a priority and establish rhythms to keep God at the center of the rest of the day.

WORSHIP

2. Remember what Deuteronomy 5:12-15 says about the Sabbath:

a) By God's mercy and grace, we have been set free from slavery to sin to now glorify God and enjoy Him forever!

b) Sabbath is “to the Lord your God.” Sabbath is relational, it is covenantal with God through Jesus.

Tim Keller: *"The purpose of Sabbath is not simply to rejuvenate yourself in order to do more production, nor is it the pursuit of pleasure. The purpose of Sabbath is to enjoy your God, life in general, what you have accomplished in the world through his help, and the freedom you have in the gospel—the freedom from slavery to any material object or human expectation. The Sabbath is a sign of the hope that we have in the world to come."*

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Practicing the Sabbath:

1. Pick a Day

- Sundays*
- Communicate to people
- Planning for it (not "errands, laundry day, catch up on home repair, etc)

Practicing the Sabbath:

1. Pick a Day

2. Start Simple

- Stop, Rest, Delight, Worship.
- It doesn't have to be elaborate and epic.

Practicing the Sabbath:

1. Pick a Day

2. Start Simple

3. Evaluate/Assess

Evaluate/Assess

- Is what you are doing creating more work?
- Is what you are doing helping you rest in what Jesus has done for you?
- Do you feel renewed and replenished for the other six days?

Remember:

Mark 2:27-28: Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath." So the Son of Man is Lord even of the Sabbath.

As we close: GOSPEL Reflection/Application

1. Do you struggle with practicing Sabbath as a spiritual rhythm in your life? If so, why is that? How does the gospel need to apply?
2. Be intentional this week with taking a day to practice Sabbath. Which out of the 4 do you feel the need to focus on especially? (Stop, Rest, Delight, Worship)

Isn't it wonderful that God gives us a command to rest?

Matthew 11:28-30: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."