



The Sabbath Series: Rest

The word ‘Sabbath’ comes from the Hebrew *Shabbat* which means to ‘stop’, to cease, to desist or rest.

Matthew 11v29

Tilden Edwards'
Cycle of UNgrace

Driven
Achievement

ANXIETY
A Vicious Cycle of UNgrace
e

Mind-Numbing
Escape

Work as demanded, rest as deserved

- **Entitlement:**

‘You deserve this’, ‘you’re worth it’. Rooted in Pride.

- **Indulgence is:**

‘Because you can.’ Why do I need the latest iphone after six months, because I can. Rooted in Greed.

- **FOMO is:**

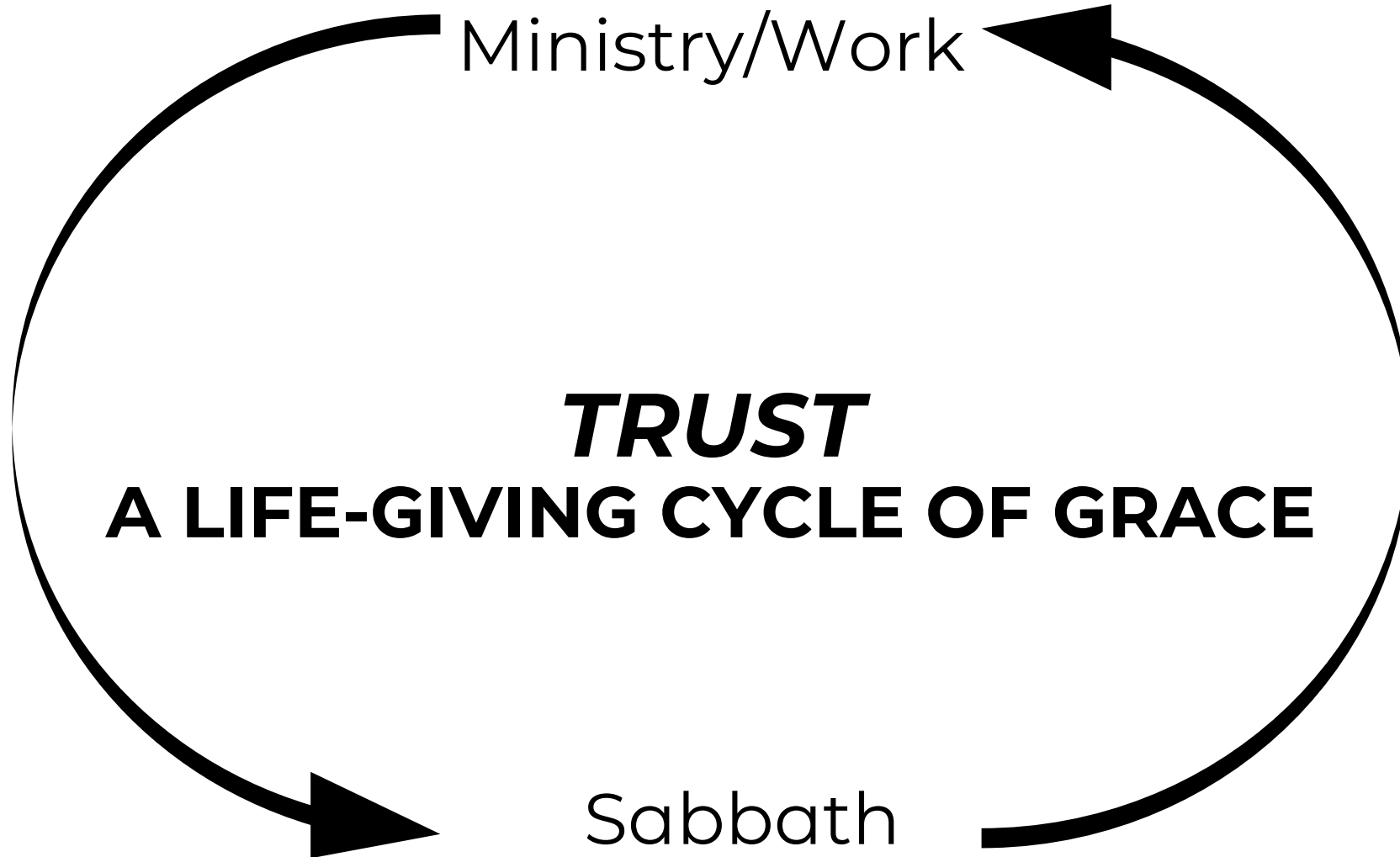
Fear of missing out — because ‘*everyone*’ has one of these and you should too! Trends in schools etc.

Rooted in Fear.

Genesis 1-2

Exodus 20

Tilden Edwards'
Cycle of Trust



Work as given, rest as given.

He answered, ‘Haven’t you read what David did when he and his companions were hungry? He entered the house of God, and he and his companions ate the consecrated bread — which was not lawful for them to do, but only for the priests. Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent?’

I tell you that something greater than the temple is here. If you had known what these words mean, “I desire mercy, not sacrifice,” you would not have condemned the innocent. For the Son of Man is Lord of the Sabbath.’ [Matthew 12v3-8]

Jesus is unpicking, not the Sabbath practice itself but the way it's become a burdensome weight around people who are following Sabbath maybe to the letter of the Law but have forgotten the heart behind it.

He said to them, ‘If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.’ [Matthew 12v11-12]

His teachings and healings on the sabbath are a signpost of what God wants to do for everyone, for his whole creation. To unbind those of us in spiritual, emotional, and physical slavery and restlessness to free us so that we can be whole.

Colossians 2v16

**To put away life-draining work to
be restored and share
restoration with others**

- 1. What might it look like this Sabbath to live in the restfulness of the Lord of the Sabbath?**
- 2. What might you need to stop to create space for yourself and others to enter Sabbath time?**

www.practicingtheway.org/sabbath