

UPPER ROOM ADULT BIBLE CLASS

Fall/Winter, 2018

Pastor Jim Otte

**“Foundational Truth for a Confused World: The Ten Commandments”**

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**Session Eight: The 3rd Commandment: Remember the Sabbath day to keep it holy. (Stay in touch with the Sabbath within!)**

**From Last Session:**

1. Commandments 1-3 are clustered together:
  - a. #1: Solely worship the God who calls you His “beloved.”
  - b. #2: Guard the integrity of the connection between what you believe (heart) and what you speak (lips).
  - c. #3: Practice the presence of God in the rhythm of your work and spiritual rest.
2. God gave His Commandments in the context of His love & gift of deliverance; our response is ‘joy in’ obedience, not ‘fear of’ His disapproval.
3. “Remembrance” is a present-time celebration based on God’s acts of deliverance in the past.

**The Third Commandment (Continued)**

**1. Foundation Truth #15:** The rhythm presented in the 3<sup>rd</sup> Commandment is: your week of service begins with spiritual rest, i.e. celebrating God’s gifts of grace, forgiveness, and \_\_\_\_\_.

a. **Matthew 12:1-14.** *At that time Jesus went through the grain fields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup> When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.” <sup>3</sup> He answered, “Haven’t you read what David did when he and his companions were hungry? <sup>4</sup> 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. <sup>5</sup> Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? <sup>6</sup> I tell you that something greater than the temple is here. <sup>7</sup> If you had known what these words mean, ‘I desire mercy, not sacrifice,’<sup>[a]</sup> you would not have condemned the innocent. <sup>8</sup> For the Son of Man is Lord of the Sabbath.”*

<sup>9</sup> *Going on from that place, he went into their synagogue, <sup>10</sup> and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?” <sup>11</sup> 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? <sup>12</sup> How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.”*

<sup>13</sup> Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. <sup>14</sup> But the Pharisees went out and plotted how they might kill Jesus.

- b. **Foundational Truth #17:** It is easy to turn a blessing, i.e. “the Sabbath”, into a source of \_\_\_\_\_ and shame, by shifting the focus from love to rules.
- c. **“something greater than the temple is here.”** – over time, the religious leaders had lost sight of the spiritual purpose of the Sabbath: to rest in the joy of forgiveness! Obedience to Sabbath rituals had become their idol.
- d. **“mercy, not sacrifice...you would not have condemned the innocent.”** – **Foundational Truth #18:** When GRACE FUELED GRATITUDE is no longer what motivates you, then \_\_\_\_\_ is replaced with *fear*.
  - i. Fear that I haven’t done enough for God.
  - ii. Fear that I haven’t done it right enough for God.
  - iii. Fear that other people’s failures will keep God angry at us!
- e. **“the Pharisees went out and plotted...”** – so depleted was their gratitude bucket, that they could not even celebrate the fact that Jesus had done good on the Sabbath – by healing a man!

2. A healthy spiritual work/rest rhythm can counter the threats of burnout or rust out, which destroys satisfaction in work.

- a. **Ecclesiastes 2:24.** *A person can do nothing better than to eat and drink and find satisfaction in their own toil.*

BURNOUT	WORK/REST BALANCE	RUST OUT
Save the World	Serve for God’s Glory	Save Myself
Urgency & Resentment	Energy, Joy, Spirit “Good Tired”	Exhaustion
Work with No Rest	Rest in God’s Presence; Energized to Serve	Leisure Focus to Recover from Work
“Martha Complex”	“Faithful & Courageous	“Servant” who Buried His Talent
Taking on Too Much		Avoiding Involvement
Cynicism		Apathy
Using Guilt & Shame to Motivate Others		Using Entitlement to Justify Withdrawing
Over-Functioning		Under-Functioning

<b>“They” is the Problem</b>		<b>“I” am the Solution</b>
<b>Highest Vulnerability in Helping Professions</b>		
<b>Indispensable Attitude</b>	<b>Serve where Gifted; 70%/30%</b>	

**3. Four “Conversations” for Work/Rest Balance**

- a. “In which situations am I most vulnerable to BURNOUT/RUST OUT?”
- b. “How ‘needed’ am I really, and what do I get out of it?”
- c. “What boundaries do I need to put in place, in my work environment, in order to support a healthy work/rest balance?”
- d. “What daily Sabbath’s do I need to put into practice, in order to practice the presence of God?”