

MY BEST LIFE: LIBERATION!

Scripture used: [Mark 2:23-27 \(NLT\)](#)

OVERVIEW

This week Pastor Hurmon finished our sermon series *My Best Life* by talking about liberation. Specifically, how observing the Sabbath is a key to living freely as God intended us to live, without being enslaved to anything, including work. In other words, observing the Sabbath is an act of liberation! God always intended us to set boundaries around work. That is why He rested on the seventh day in Genesis, and why Moses told the Israelites to remember the Sabbath. We cannot live our best lives without rest. Interestingly, social scientists have found that those who observe the Sabbath, including Seventh Day Adventists, who strictly observe the Sabbath, tend to be happier and live longer than other people. Saying yes to God's invitation to rest is a part of embracing the "unforced rhythms of grace" that Jesus modeled for us in [Matthew 11:29-30 \(MSG\)](#). We also have the opportunity to make room in our lives. We can use the 40 days leading up to Easter to experiment with a weekly Sabbath and to see whether it improves our lives.

KEY POINTS

- 1. The Sabbath is about making room for what matters.** To "Sabbath" actually means "to stop" or "to delight." It's about making time for those good things that God wants to pour into our lives. When we do the Sabbath, we are praying and worshiping, and we are also laughing, dancing, and feasting. The Sabbath helps us live our best lives by deepening the relationships around us and fostering a sense of joy. It shouldn't feel rigid or formulaic. That's why Jesus reminded the Pharisees that the Sabbath "was made to meet the needs of the people" not the other way around in [Mark 2:27 \(NLT\)](#).
- 2. The Sabbath is a part of Genesis.** God stopped and delighted when He made the universe. The Sabbath is literally tied into the creation of all life. Moses reminded the Israelites about this in [Exodus 20:8-11\(NIV\)](#): "the Lord blessed the Sabbath day and made it holy." It is an essential part of God, and we are made in His image and likeness. That is the right way to think about the Sabbath. God isn't trying to restrict us from working seven days in a row. He wants us to live according to the laws of the universe He created.
- 3. We must observe the Sabbath.** By the time Moses led the Israelites to the Promised Land, they were a different people. After 40 years, most of the former slaves had died. The new generations didn't remember what it was like back in Egypt, and how precious their freedom was. Moses knew this ignorance would be a huge problem, and so in one of his last sermons he talked to them about the Sabbath. Moses tells them in [Deuteronomy 5:12-15 \(NIV\)](#) that "the Lord your God brought you out" of Egypt and observing the Sabbath is His command, not a suggestion. The Israelites needed a weekly reminder of God's power and faithfulness thousands of years ago. Today we need the same reminder in our lives, that we are not to be enslaved to work or comparison or accumulating things, but we are to be free to worship God and walk with Him in joy and delight.

DISCUSSION

- 1) HEAR** - We live busy lives. The modern world is full of things demanding our attention. We want more money, more fame, more beauty, more stuff. Nothing is ever enough. But this lifestyle is a lie. Living this way exhausts us, drains us, overwhelms us, and ultimately enslaves us. Is there a part of your life where you don't feel free?
- 2) UNDERSTAND** - The Sabbath should be a critical part of our weekly rhythm. We may think we don't have the time to rest for a whole day each week, but that isn't true. We have to make the time, whether it's a Tuesday or a Friday or a Sunday. We can clear our schedules, turn off our phones, and ask the Holy Spirit to shepherd us forward. This will be the single best investment we ever make in a life that is rich with blessings, with love, with peace, and with joy. Ask yourself "What are three things I will need to do differently in order to implement a Sabbath Day in my weekly routine?"
- 3) DO** - Pastor Hurmon issued us a Sabbath Invitation. Starting March 6th and lasting until Easter Sunday, set aside one day a week to do Sabbath. Don't be intimidated by the invitation, though. We don't want to focus on the rules and requirements like the Pharisees. Instead pray "Lord, help me to learn and implement Your unforced rhythms of grace!" This is what we need to embrace, starting with [this Wednesday's Refresh Communion Gathering at 7 PM \(Pacific\)](#).