

Sabbath

PART TWO



Ephesians 1:18 - 2:7 (NIV, 1984)

SERIES BIG IDEA:

Jesus re-creates us so that we live to Glorify God.

We were created to live from a place of resting in the Lord. Sin caused that to seem unnatural.

⁶“When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. ⁸Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day and they hid from the Lord God among the trees of the garden.”

Genesis 3:6-8 (NIV, 1984)

Three lies from the enemy that create barriers to resting in God:

You are what you have - Misplaced Identity

¹⁹“Do not lay up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also.”

Matthew 6:19-21 (NIV, 1984)

You are valuable because of what you do - Misplaced Value

⁸“For it is by grace you have been saved, through faith - and this is not from yourselves it is the gift of God - ⁹not by works, so that no one can boast.”

Ephesians 2:8-9 (NIV, 1984)

You need to be in control - Misplaced Trust

⁵“Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways acknowledge him, and he will make your paths straight.”

Proverbs 3:5-6 (NIV, 1984)

We can rest in the Lord because of His resurrection.

¹⁹“...That power is like the working of His mighty strength, ²⁰which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, ²¹far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.”

Ephesians 1:19b-21 (NIV, 1984)

We rest in the Lord as an act of obedience.

²²“And God placed all things under His feet and appointed Him to be head over everything for the church, ²³which is His body, the fullness of Him who fills everything in every way.”

Ephesians 1: 22-23 (NIV, 1984)

We are re-created by Sabbath when we submit to Christ as Lord.

⁹“That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”

Romans 10:9-10 (NIV, 1984)

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We are re-created by Sabbath as we embrace the rhythms of rest.

- **Daily Solitude** - Mark 1:35, John 7:10, Matthew 15:29, Luke 22:39
- **Weekly Release** - Genesis 2:2-3, Exodus 10:8, Mark 2:27
- **Constant Abiding** - Hebrews 4:9-10

When we rest in the Lord, we experience and show God's grace and kindness through our re-created being.

“But because of his great love for us, God who is rich in mercy, ⁵made us alive in Christ even when we were dead in transgressions - it is by grace you have been saved. ⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus ⁷in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.”

Ephesians 2:4-7 (NIV, 1984)

TEACHING BIG IDEA :

We will become God's re-creation vehicle by submitting to His Lordship and finding rest in Him alone.



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TEACHING SUMMARY:

We were created for communion with God. The original design of man was one of being in the constant presence of God. But mankind broke that communion and broke it beyond human repair.

Jesus came to rebuild that bridge and make communion with God possible again.

We must submit to His Lordship and accept the true rest that only comes from Him. We will find in Him our true identity, our eternal value, and the God that is worthy of our trust.

When we submit to Him and find rest in Him, we bring glory to God by allowing His ultimate Glory to shine through us and into the lives of others.

TALK IT OVER:

How easy is it to find rest in your life? What keeps you from rest?

Do you believe that Jesus can lead you to rest that is everlasting? Why or why not?

Explain how it feels to know that you can become a re-creation vehicle in the life of someone else through the power of the Holy Spirit.

What is one next step you can take today?

DAILY BIBLE READINGS:

- Mon: Romans 15:5-7; 2 Corinthians 4:3-5;
1 Thessalonians 2:11-13
- Tue: I John 2:15-17
- Wed: Romans 3:19-24
- Thu: James 3:13-18
- Fri: Colossians 1:28-29; Isaiah 40:25-26
- Sat: Colossians 1:15-20