

The Importance of Rest & Perspective - Devotions

Monday, February 6

Opening thought - when you think about the Sabbath what thoughts / ideas come to mind?

Read - Genesis 1:31-2:3, & Exodus 20:8-11, Mark 2:27

What do you learn about the Sabbath from these verses? What do you learn about God from these verses?

Pastor Randy spoke about the need for 2 things in our life: rest and perspective, and that without them our world 'spins out of control.' Without taking the time to physically rest and "get off the treadmill" of work and busyness, we can bring ourselves to depression, exhaustion, discouragement, or even poor moral choices.

- What are your thoughts on these statements? How does it relate to the Mark passage listed above?

Randy proposed an illustration in which to view the Sabbath - a room with a treadmill, a window and 4 walls. The mandate given to us by our Creator is to be on the treadmill for 6 days, but on the 7th day we are to take time to rest and gain perspective - by both getting off the treadmill and spending time at the window (staring the Lord and eternity).

- *How is this a helpful illustration for thinking about the Sabbath?*

As we take time to "get off the treadmill and stare out the window" we are to see God as both our Creator and Redeemer....creator in that He is HUGE and we are small, and Redeemer in that He has acted to save and restore / renovate us from the inside out.

- Read Psalm 19:1-6 and Ephesians 2:1-7 - how do these give us new perspectives?

Reflect - in what ways are you gaining a new vision for the gift that the Sabbath is for you? What things stand in the way of receiving and enjoying this gift? Talk with the Lord about these things. Ask Him to reshape your mind and heart to delight in His Law.

Tuesday, February 7

Opening thought - if you had to name your biggest problem, what would you say that is? How often do you think about this in a given day or week?

Read - Exodus 20:8-11 & Deuteronomy 5:12-15

What differences do you notice between these 2 passages? What happens when we forget God as Creator and Redeemer?

Pastor Randy spoke about the fact that a Sabbath gives us a chance to reflect and consider our life and what is going on in it. So often our lives are so busy we never give ourselves an opportunity to reflect and rest, to ponder our life, our calling or our vocation in light of being a child of God. It's just rushing from one thing to the next.

- Can you identify with this? How?

Pastor Randy then went on to list several areas that we need to re-evaluate each Sabbath.

The Present, My Spiritual Progress, Family's Spiritual Progress, My Work, My Body.

Consider some of these statements made by Randy and write out your reflections:

- My biggest problem is not my schedule but my heart. If my heart becomes ordered, then my schedule is taken care of.
- How are my spiritual disciplines these days? Do any need work or tweaking?
- How am I doing as a father, mother, husband, wife, grandfather, grandmother?
- How am I working at work? What needs to be tweaked?
- How am I doing with my eating, exercise, emotions? What needs to be tweaked?

Write Reflections Below...

Reflect - share your answers with your spouse or accountability partner. Pray for the Lord to bring real change within you as you love His ways and hunger and thirst for righteousness.

Wednesday, February 8

*Opening thought - "Sunday is a window in this world that gives us a peek into the next."
Ben Patterson. -- Is this how you think about the Sabbath? Why or why not?*

Read - Psalm 9:6-14 & Psalm 119:33-40

- How is the Law of God spoken about in these passages? (Lots of answers here)

- Honestly, is this how you think about God's Law? Why or why not?

Pastor Randy summarized his message by noting: The Lord's Day Was Not Meant To **Restrict** But To **Liberate**. One's Sabbath Day Should Not Be **Exhausting**. The Sabbath Day Should Include **Corporate Worship** With The Christian Family.

- Which of these points made you stop and ponder? Why?

Pastor Randy gave the following analogy to God's law: The Law - is like a spotlight and thus it reveals how we are dead and wrong everyday. Yet the Law not only spotlights the heart but it is a tool to drive us to the cross!

- Why are both of these "good things" for us as believers in Christ?

Reflect - Pastor Randy ended his sermon with an amazing illustration of what has to change within us when it comes to the Law of God. He spoke about why a teenager might not care about using a toothbrush, hairbrush or deodorant and then why "all of a sudden" this uncaring turns into deep caring. The teenager is in love! ❤️

- Take time to talk to the Lord about how your view of God's Law is changing
- Ask for God to give you afresh vision for the Sabbath and acting on this

The Importance of Rest & Perspective - Pastor Randy Pope

"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 of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the 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." Exodus 20:8-11 NASB

"Love of the Law" sermon series that pastor Randy has been in the midst of at his church. See podcast at perimeter.org for more info on this.

3 audiences as he speaks: young people (to see the beauty of the Lords Day), the lost here hearing the Word (wrong concept of the law as burdensome and a weight) and the believer (hearing the Word preached, and the necessity of knowing these 2 key words: Rest and Perspective).

Rest and perspective are key for all of us and without them our world spins out of control. Marathon runners - some are fit and can achieve it, others cannot and would physically hurt us. Depression, discouragement and moral battles are rife because we are exhausted and have the right perspective. Hospitals and prisons are filled with people without a right understanding of Rest & Perspective.

- November 7 - 2016 Time Magazine (Anxiety, Depression and the teenager); must read for any parent today!
 - Two words in the article: "being a teenager is exhausting and there is no Rest...and they cannot get alone to get perspective."
 - They need a one a week recharge to get rest and perspective

1. God Designed Us To Spend One Day A Week **Remembering The Past**

- Remember: big room with four walls. Only one item in the room: a treadmill. I am commissioned by my creator to use the treadmill for 6 days. Then on the 7th day I am to get off the treadmill. But many see no need to do this. Church people actually choose to get off the treadmill and find some rest in this. Yet the idea is not to get off the treadmill only, but to stare at the only window in the room, which represents eternity! So we can get back on the treadmill with the right perspective and view of the work they will do the following week.
- We go to the widow on the sabbath, not just rest only.
- Sabbath commandments given twice - Genesis and Deuteronomy
 - Sabbath command. See Deut. 5:15. Remember God as redeemer
- 1) God's Work **As Creator**
 - Genesis tells us this; to see the Creation of God and remember that God is HUGE and I am small. Taking a walk helps us with this.
- 2) God's Work **As Redeemer**
 - Ephesians 2:1-7; read of God's redemptive work. The span and plan of God's redemptive work and this gives us perspective.
 - New perspective: He saved us so that we would follow him, Enjoy Him, to help people see and delight in God himself (life is always about God!)
 - Wrong perspective: life is about me, my happiness and enjoyment!

2. God Designed Us To Spend One Day A Week **Re-evaluating The Present**

- My biggest problem is not my schedule but my heart. If my heart becomes ordered, then my schedule is taken care of.
- 1) By Re-evaluating Our Spiritual **Progress** And **Disciplines**
 - How is my spiritual disciplines these days? Need work?
- 2) By Re-evaluating Our **Family's** Spiritual Progress
 - How am I doing as a father, mother, husband, wife?
- 3) By Re-evaluating Our **Effectiveness** At Work And Our **Motivation** For Working
 - How am I working at work? What needs to be tweaked?
- 4) By Re-evaluating Our **Physical** And **Emotional** Condition
 - How am I doing with my eating, exercise, emotions? What needs to be tweaked?

Gordon McDonald quote - A time to "interpret our work, to press meaning into it and to make sure we know to whom it is dedicated."

3. God Designed Us To Spend One Day A Week **Reflecting** On The Future.

- We get to the window and he gain a better perspective - "the best is yet to come"
- Do we reflect on the brevity of our life or on what we did this past year? Do we allow our thinking to affect how we live?
- The glories yet to come are not worth comparing to what we are now experiencing. The best is yet to come. Wow, what is life in light of glory?

Gordon McDonald quote- "A time to affirm our intentions to pursue a Christ-centered tomorrow."

Ben Patterson quote- "Sunday is a window in this world that gives us a peek into the next."

-The Lord's Day Was Not Meant To **Restrict** But To **Liberate**.

- It's not just a list of "do's and don'ts"

-One's Day Of Rest Should Not Be **Exhausting** (unless because of deeds of mercy, piety or necessity).

- Parents share responsibilities and give time to watch the kids to each other. Grandparents give time to watch kids.

-The Lord's Day Should Include **Corporate Worship** With The Christian Family.

- Corporate worship is something God has designed for us to do. We are all giving time to "stare at the window"
- Am I modeling, at all times, the value of corporate worship (even on vacation)?

-We Must Follow Our Own **Conscience** Regarding The Use Of The Lord's Day While Never Imposing Our Conscience On Others.

- Things I do to "get off the treadmill" are not the same as others
- But I must be concerned to "get off the treadmill" more and more

The Law - is like a spotlight and reveals how we are dead and wrong everyday.
The Law not only spotlights the heart but it is a tool to drive us to the cross!!

Compare: toothbrush, mirror with brush, deodorant

- Love changes all this!!!

- Got your eye on someone special
- Fall in love with God, you will fall in love with his Law!
- He alone gives you life. And the Law is the grooming that will enjoy 😊