



## Rest in the Midst of Community

Matt Garvin - June 21, 2015

***We cannot understand either the character or the significance of Sabbath apart from work and workplace. Work doesn't take us away from God; it continues the work of God through us. Sabbath and work are not in opposition; Sabbath and work are integrated parts of an organic whole. Either apart from the other is crippled.***

~ Eugene Peterson

*...The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.*

Mark 2:27-28 NIV

## Living at *Rest*...

- **means being able to \_\_\_\_\_** (Nehemiah 1:3-4 NIV)

*When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. (vs. 4)*

Our culture has become most sophisticated in the avoidance of pain, not only our physical pain, but our emotional and mental pain as well. We not only bury our dead as if they were still alive, but we also bury our pains as if they were not really there. We have become so used to this state of anesthesia, that we panic when there is nothing or nobody left to distract us... John Lennon says: "feel your own pain," but how hard that is! ~ Henri Nouwen

- **means \_\_\_\_\_ and not reacting** (Nehemiah 1:11 and 2:1 NIV)

We must stop running around long enough to see what he has done and is doing. We must shut up long enough to hear what he has said and is saying. All our ancestors agree that without silence and stillness there is no spirituality, no God-attentive, God-responsive life.

~ Eugene Peterson

- **allows us to see the \_\_\_\_\_** (Nehemiah 2:11-17 NIV)

*I went to Jerusalem, and after staying there three days I set out during the night with a few others. I had not told anyone what my God had put in my heart to do for Jerusalem. There were no mounts with me except the one I was riding on. (vs. 11-12)*

- **is only possible when the \_\_\_\_\_ is not setting the agenda** (Nehemiah 4:10-15 NIV)

*Meanwhile, the people in Judah said, "The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall."*

*Also our enemies said, "Before they know it or see us, we will be right there among them and will kill them and put an end to the work."*

*Then the Jews who lived near them came and told us ten times over, "Wherever you turn, they will attack us." (vs. 10-12)*

- **means recognizing God's hand in the \_\_\_\_\_** (Nehemiah 5:1-13 NIV)

What if our interruptions are in fact our opportunities, if they are challenges to an inner response by which growth takes place and through which we come to the fullness of being? What if the events of our history are molding us as a sculptor moulds his clay, and if it is only in careful obedience to these molding hands that we can discover our real vocation and become real people? ~ Henri Nouwen

- **means \_\_\_\_\_ doesn't set the agenda** (Nehemiah 6:2-9 NIV)

*They were all trying to frighten us, thinking, "Their hands will get too weak for the work, and it will not be completed." But I prayed, "Now strengthen my hands". (vs. 9)*

- **means not trying to escape the \_\_\_\_\_ God has called you to** (Nehemiah 6:10-14)

*But I said, "Should a man like me run away? Or should someone like me go into the temple to save his life? I will not go!" (vs. 11)*

- **means establishing a \_\_\_\_\_** (Nehemiah 10:31-33 NIV)

Sabbath is a deliberate act of interference, an interruption of our work each week, a decree of no-work so that we are able to notice, to attend, to listen, to assimilate this comprehensive and majestic work of God, to orient our work in the work of God. ~ Eugene Peterson

- **means learning from our \_\_\_\_\_** (Nehemiah 13:15-22 NIV)

Un-sabbathed, our work becomes the entire context in which we define our lives. We lose God-consciousness, God-awareness, sightings of resurrection. We lose the capacity to sing "This is my Father's world" and end up chirping little self-centered ditties about what we are doing and feeling. ~ Eugene Peterson

***Jesus, what do you want to change in my life  
so I can more fully enter your rest?***