

# Break Time

Does anyone just feel like they're always behind?

Anyone feel like you're juggling a thousand things and you are just one mistake away from it all crashing down?

Anybody feel like you are letting others down? Anyone have anxiety?

Anyone ever get angry and blow up at someone for seemingly no reason?

These are all signs that it's break time. You need rest, it's the only way you can get all that work done and do it well!

## **Genesis 2:1-3 (NKJV)**

Thus the heavens and the earth, and all the host of them, were finished. 2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

The creation story begins with God working and it ends with God resting. We see God establish a rhythm of life right here in the beginning. Work and Rest.

God set the example. He works, so we work. He rests, so we rest. Work and rest are not opponents, they are partners. Like a bride and groom who come together to make a well rounded life.

Work and rest go together. And when they go together the life of man is balanced and in a God designed rhythm!

## **Genesis 2:1 (NKJV)**

Thus the heavens and the earth, and all the host of them, were finished.

I don't know about you but I've had some busy weeks in my life...but God created light, a separation between earth and the heavens, separation of land and water, vegetation, the sun, moon and stars, flying creatures, ocean creatures, land creatures, humans!

Man what a week! I can assure you that you and I have never been that busy! This was all in 6 days.

## **Genesis 2:2 (NKJV)**

And on the seventh day God ended His work which He had done, and He **rested** on the seventh day **from all His work** which He had done.

God rested. Let's say that together, "God rested." And what did He rest from? ALL HIS WORK.

God worked for 6 days and rested on the 7th day. The work and the rest go together! Let me prove it...

If you don't know this, numbers in the bible, each have a meaning.

God worked 6 days to create everything including man. But that didn't complete the week.

6 - symbolizes man and human weakness.

6 days of work represents human weakness. That's why it's not a 6 day week. You need the 7th.

7 - is the number of completeness and perfection.

Why is the week 7 days? Because a man working 6 makes him weak, but it's the rest on the 7th day that brings the work to completeness and perfection.

This is a rhythm that God created to keep man balanced. And so when we skip the rest and just continue to work, we continue that work in weakness instead of strength. WHY?

Does anyone wonder why it's not an 8 day week? Because 7 (when we rest) is perfection. And..

8 - represents a new beginning.

On the 8th day, after we worked 6 and rested the 7th and our week was completed...we are ready for a new beginning, a new week to start out strong!

**YOU ARE NOT A MACHINE!**

A machine will work until it breaks down...you are not a machine, you are a human. You can't afford to work until you break down...stop and take a break!

Listen...God took a break...AND HE IS GOD!

God doesn't sleep or need days off or vacations. He doesn't get tired, worn down or grouchy. He is unlike any of His created things because He is all powerful and yet He rested...God had a break time...and He built it into the rhythm of man's life.

He made us in His image. We are to reflect His heart and character in our lives.

This word rested is shabbat in Hebrew, the same place the word Sabbath comes from.

### **Exodus 20:8 (NKJV)**

“Remember the Sabbath day, to keep it holy.

This was one of the 10 commandments. He wasn't instituting sabbath...it was a command to remember what I already created you with a need for...rest.

I know some of you are already like “I don't like rest...what am I even supposed to do?”

That word shabbat means “to stop or to cease” but can also be translated “to celebrate”.

What good is it to work your tail off, non stop without any chance to enjoy it? To appreciate it?

I always feel bad for people who live to work instead of live to live. Yes we should work but for what? And at some point we've got to rest and step back and celebrate.

Remember what God did after each day? He created, then He looked at what He did and said it was good. After that 6th day, He looked (I believe at the creation of man) and said it was very good. Then He rested on the 7th day and enjoyed the work He had done!

### **Genesis 2:3 (NKJV)**

Then God **blessed** the seventh day and **sanctified** it, because in it **He rested from all His work** which God had created and made.

## **Blessed**

This Hebrew word *barak* means that He made it a benefit for man. God made the 7th day a benefit.

In the creation story God baraked 3 times and it was always a life giving ability to make more life

God created the animals, blessed them and said “Be fruitful and multiply. Fill the earth.”

God created humans, blessed them and said “Be fruitful and multiply. Fill the earth.”

Then He blessed the seventh day. It's the same word barak. Why would God bless a day?

This day represents rest, a break from work, it makes man's weakness complete for a new beginning...it's a life giving ability to make more life!

No matter how much you love your job or you are a person who always has to be on the go, without rest you get tired and you continue to work in man's weakness instead of coming to a place of completion to start a new beginning.

If you watch a basketball game. There are some players who can play the whole game...but not many. Most sit out many times throughout the game to rest, so then can

come back in strong instead of staying in weak. And those who play the whole game, it catches up to them...they eventually wear out and may take an entire game off or get injured because they didn't take care of themselves.

Rest refills us. Rest is life giving. It allows us to create more!

## **Sanctified (made it holy)**

God made the seventh day holy. Set apart from the rest. It's supposed to look different.

A time of rest and worship. It's not just your body that needs rest...so does your soul...

Your mind, will, emotions...they need rest. Some of you don't take a break because if you do you'll sit and think about all of the things you're not getting done. And that alone will cause you stress, you can't relax. Try worshipping.

I've NEVER postponed something else to worship and later regretted it and wished I had done the work instead. Spending dedicated time with the Lord gives rest to our soul. It takes man's weakness, brings it to completion, and then a new beginning!

Your soul needs it as much as your body does!

God made this rhythm for your benefit!

### **Mark 2:27 (NKJV)**

And He said to them, "The Sabbath was made for man, and not man for the Sabbath.

Some of you are really smart, you know that when Jesus said that, He was talking to the Pharisees because they had been harassing Him about "working" on the Sabbath. In this instance the disciples were picking some grain to eat.

So why am I standing here telling you about this seventh day?

Jesus healed on the Sabbath. Drove out evil spirits on the Sabbath. Picked grain on the Sabbath.

How dare He not keep this command. Didn't He say (Exodus 20) to remember it and keep it holy?

### **Mark 2:28 (NKJV)**

Therefore the Son of Man is also Lord of the Sabbath."

Jesus is God and the Sabbath is God's day...His blessing to man.

But isn't it part of the law? How can Jesus just change the law?

**Matthew 5:17-18 (NLT)**

"Don't misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to **accomplish their purpose**.  
18 I tell you the truth, until heaven and earth disappear, not even the smallest detail of God's law will disappear until its purpose is achieved.

Jesus came to show us what it looks like to obey God's commands. He's giving us the true interpretation.

So what did we see Jesus do?

You have to imagine the pressure Jesus felt. Everywhere he went he had hundreds to thousands of sick and needy people pushing and shoving to get to him. The pressure He faced is so much greater than anything we face today.

Jesus would spend hours ministering to the people. Yet what stands out to me is all of the times He went to rest. He was constantly sneaking off either by Himself or with his disciples (the 12).

He went up into a mountain to rest and pray. I don't know if you realize this or not but there were usually still people that needed Him. But He got to a point where if He didn't get rest, He was going to be ineffective. Remember He is in a physical body with a soul. Needed physical rest and rest for his mind, will, emotions.

When He was healing or teaching or whatever, He would get to His "6th day" when He was in human weakness and He knew if He didn't take a break and get some rest and renewal...He was going to remain weak..

If God living in human form needed rest, don't you think you do too?

But He didn't always just go nap or watch YouTube videos...that may help with physical rest...but you also need that time with the Father, like Jesus had, to renew your soul...

**Matthew 11:28-30 (NKJV)**

Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."

Notice in this passage Jesus doesn't say there's no burden. He said come to Me and I will give you rest.

I see this verse as the difference between the OT Sabbath and the NT Sabbath.

The OT was a day, 24 hours dedicated to rest and worship. It was against the law to do anything. That's a heavy burden.

Jesus said take my yoke, If you don't know what that is, it was a wooden beam used to pair two animals to enable them to pull a load together. Oftentimes one was an older stronger ox, paired with a younger weaker one to help him with the load. He would carry the majority of the burden.

Jesus says get connected to me. You still have to carry some, but I'll carry the heaviness of it.

Because His burden is light. Why? Because it's one of living a pattern of life when you find continual rest through Jesus. That's the NT Sabbath...rest in Christ.

We don't have to legally take that full day to do nothing but rest and worship...but keep in mind it IS STILL a rhythm of life that God created for us...

It is God the Creator who made limits, and it is the same God who placed them within us for our protection. It's dangerous to exceed those limits.

The Creator God is inviting us to join Him in this rhythm, this interplay of work and rest. And when we don't accept His invitation, we reap the consequences. Fatigue. Burnout. Anxiety. Depression. Business. Starved relationships. Worn-down immune systems. Low energy levels. Anger. Tension. Confusion. Emptiness. These are the signs of a life without rest.

At one point, Moses calls the Sabbath a gift. That's exactly what it is.

Just like work, when it's done right, is an act of worship, the same is true with rest.

You can rest as an act of worship to God.