MESSAGE NOTES

**All In The Family - Part 3**

**Reclaiming the Sabbath**

**Genesis 1:1-2:3**

Hurry Sickness is defined as “a behavior pattern characterized by continual rushing and anxiousness” or “A malaise in which a person feels chronically short of time, and tends to perform every task faster and gets flustered when encountering any kind of delay”

Families are pulled in several directions to keep several schedules to make sure everyone in the family has access to every opportunity that comes their way. We are driven by fear and worry that if we don’t partake in all these activities some sort of calamity will befall our children. They won’t get into the college they desire, their lives won’t be full, they won’t be happy, etc. We live in a world where FOMO (Fear Of Missing Out) rules the day.

Busyness has become a virtue in our culture and in the life of the church this is no different. We have taken the Western idea of the good life and made it the ideal Christian life. But at what cost? What have we lost because of this?

This has always been a struggle for God’s people. We are Kingdom people living in the Empire. This was first witnessed in the story of the Exodus. God’s people were slaves to the Empire of the day, Egypt. Their identity was in what they do. They made bricks. They were only worth as much as the bricks the produced.

These are the people that the Creation story was written to first.

The Creation story is less about HOW God created the world and more about WHO God is and WHO we are as His people.

This is found when looking at the Creation story through the lens of an Eastern perspective. Western learners read for information. They list facts and back it up with evidence. Eastern learners learn by discovery. The structure of the material is shaped to place the treasure of the text in the middle of it. The Creation story’s structure is parallelism and chiasmus.

**Bookends:**

**Genesis 1:1-2:** The earth was empty. There was Nothing.

**Genesis 2:1-3:** God finished creating. He rested. He did nothing.

**Parallelism:**

**God Separates**

**Day 1:** Light/Dark

**Day 2:** Sky/Water

**Day 3:** Land

**God Fills:**

**Day 4:** Sun, Moon, Stars

**Day 5:** Birds/Fish

**Day 6:** Animals/Humans

**Chiasm:**

**Day 1:** Baby paragraph

**Day 2:** Mama paragraph

**Day 3:** Papa paragraph

**Day 4:** Papa paragraph

**Day 5:** Mama paragraph

**Day 6:** Baby paragraph (Breaks the structure because of the creation of humans- these creatures stand out as something special and different)

**The middle or the tip of the arrow holds the treasure: Genesis 1:14**

**Seasons** – appointed/sacred times – **Moad** – Sabbath festivals/feasts

Sabbath is highlighted by the seventh day when God rests. There is no refrain of evening and morning. It is as if this rest lasts forever.

Also highlighted in the refrains of evening/ morning. This is backwards to culture. The Hebrew day begins with rest. The first thing they do with their new day is sleep.

Sabbath is an invitation to trust.

**The word sabbath is first found in Exodus 16.**

The Hebrews have been rescued from the Empire and God brings them to the desert to form them into a new nation or Kingdom. He provides for them by supplying them with manna. They are to gather just enough each morning; no extra. Some don’t trust and gather more. It rots. Then, on the 6th day of each week, they are instructed to gather enough for 2 days as they will not gather (or work) on the Sabbath. Some don’t trust and go out to gather finding no manna.

**Exodus 16:28-30**

Trust that God has given us enough. He is not holding out on us. He is enough. He has made us enough.

God blessed 3 things in the Creation story: Animals, Humans, and a Day. What do they have in common? They have the ability to produce life.

How do you practice Sabbath? It’s found in the way the word is translated.

It means to STOP.

It means to WORSHIP.

It means to REST.

It means to PLAY (DELIGHT).

If we accept the gift of Sabbath, how could this change our families? Our significant relationships? How would it shape our children’s futures?

How is God asking you to embrace the gift of Sabbath? What is your next step?

Answer the call: “Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28