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## Works, Luke 6:1-11

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### Introduction

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### Our Works

- Why is it so difficult to rest? Four trends:
  - More and more jobs are insecure. Careers are rapidly being replaced by technology and when jobs or whole departments don't turn a profit they are eliminated.
  - We're all overworked. People who make a lot of money are expected to work unreasonable hours for it. People who don't make a lot of money need multiple jobs to get by.
  - Technology. When you can work anywhere, it means you work *everywhere*. There are no longer any natural barriers between work and life.
  - Enormous psychological and social pressure on work to be fulfilling. Traditional societies looked to their family and community for identity and to give their lives meaning. Today we believe that you have to decide what you want to be and then attain it.
- These four points mean that we are desperately in need of rest and yet incapable of achieving it. Why?
  - There's a work beneath our work that we need rest from. Under the physical rest is a need for spiritual rest.
    - What is that spiritual work? It's the work to justify oneself before God and the world. To justify your existence and earn acceptance.
- **Point:** We need rest from our work to justify ourselves.

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## The Rest We Need

- Where do we get it?
  - David and his men were never condemned for their taking of the bread from the altar. How can those rules just be pushed aside? Are there other rules that can be pushed aside?
    - There's no other place in the law where rules and regulations can just be set aside in a pinch. It means that the Sabbath regulations were provisional. They were temporary. How do you make sense of that? See [vs. 5](#).
- **Point:** Jesus tells them that he is Lord of the Sabbath. Meaning that he is the Lord of rest. (What does that mean?)
  - First, rest comes from being satisfied with the work that was done.
    - Consider God's rest at the end of creation. He says, "That's good" and he rests.
    - Hebrews 4 tells us that there is a rest offered to us in God.
  - Our problem really isn't the presence of work but the absence of deep rest.
    - As long as you are trying to prove yourself through your work you won't be able to find deep rest.
  - In his claim, Jesus is affirming that he is God and the Pharisees are driven into a rage. Therefore, they had to kill him.
    - Thereby, in his death on the cross the work is finished. Being a Christian means that you are not resting on your works but on his.
- Surrender your works to God and receive his rest!

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## How to Get It

- How do we get it?
  - If you are resting on Jesus' work, then you can find that deep rest for the soul.
- First, *inner disciplines for practicing the Sabbath*.

- First, Sabbath is an act of liberation (**Deut. 5:15**). If you cannot say no to work or to people then you are a slave. And it might be a self-imposed slavery.
  - “Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and an outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day.”  
Deuteronomy 5:15
- Second, Sabbath is an act of trust. You must tell yourself that the world doesn’t depend on you.
- Second, *the external disciplines*.
  - First, take more Sabbath time.
  - Second, balance your Sabbath time.
    - Do something that is *avocational*. A hobby.
    - Do something *spiritual*. Worship.
    - Do something *inactive*. Give yourself unplanned, unstructured time.
  - Third, be accountable for Sabbath time.
  - Fourth, inject Sabbath time into your work. Occasionally risk falling behind, lower your standards for how many goals you have to hit in a day. You cannot work like a demon and recover in a day.
  - Lastly, practice sabbath in community.