

REFLECT

Q: What were the important "patterns" (rituals) God asked for from the Hebrew people and why were they important?

The Reason for Work and Rest

READ: Exodus 28:1-2, 29-30

"Have Aaron your brother brought to you from among the Israelites, along with his sons Nadab and Abihu, Eleazar and Ithamar, so they may serve me as priests. ...²⁹ "Whenever Aaron enters the Holy Place, he will bear the names of the sons of Israel over his heart on the breastpiece of decision as a continuing memorial before the Lord.³⁰ Also put the Urim and the Thummim in the breastpiece, so they may be over Aaron's heart whenever he enters the presence of the Lord. Thus Aaron will always bear the means of making decisions for the Israelites over his heart before the Lord.



Exodus 31:1-6, 12-13

Then the LORD said to Moses,² "See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah,³ and I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills—⁴ to make artistic designs for work in gold, silver and bronze,⁵ to cut and set stones, to work in wood, and to engage in all kinds of crafts.⁶ Moreover, I have appointed Oholiab son of Ahisamak, of the tribe of Dan, to help him. Also I have given ability to all the skilled workers to make everything I have commanded you...

¹² Then the LORD said to Moses,¹³ "Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.

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*"Thou hast made us for thyself, O Lord,
and our heart is restless until it finds its rest in thee."*

Hebrews 9:11-14, 26

¹¹ But when Christ came as high priest of the good things that are now already here, he went through the greater and more perfect tabernacle that is not made with human hands, that is to say, is not a part of this creation.¹² He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption.¹³ The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean.¹⁴ How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! ...²⁶ But he has appeared once for all at the culmination of the ages to do away with sin by the sacrifice of himself.

Q: What does Jesus sacrifice ultimately do for us?

Q: What are the important patterns (rituals) Jesus is asking from us so we can have a truly fulfilling life? (Rule of Life)

RESPONDING THIS WEEK

Mike Yaconelli spent years inspiring youth pastors and leaders to follow Jesus with ruthless passion. He often felt empty after all he did to honor God. Towards the end of his life he wrote a book called, Messy Spirituality: God's Annoying Love for Imperfect People

"Accepting the reality of our broken, flawed lives is the beginning of spirituality not because the spiritual life will remove our flaws but because we let go of seeking perfection and, instead, seek God, the one who is present in the tangledness of our lives."

Q: What does seeking after God look like in your life right now? Are there any patterns you want to change about that?

"You will know as much of God, and only as much of God, as you are willing to put into practice."

Eric Liddell, *The Disciplines Of The Christian Life*

Eric Liddell stated his rule of life and challenged others to embrace these patterns as well... *"believe in God the Father, Almighty, Creator, infinitely holy and loving, who has a plan for the world, a plan for my life, and some daily work for me to do. I believe in Jesus, the Christ, the Son of God, as Example, Lord, and Savior. I believe in the Holy Spirit who is able to guide my life so that I may know God's will; and I am prepared to allow him to guide and control my life. I believe in God's law that I should love the Lord my God with all my heart, and with all my soul, and with all my mind, and with all my strength; and my neighbor as myself. I believe it is God's will that the whole world should be without any barriers of race, color, class, or anything else that breaks the spirit of fellowship. To believe means to believe with the mind and heart, to accept, and to act accordingly on that basis."*

Look again at Exodus 31:12-18. What does this section say is the purpose of observing the Sabbath? What virtues would observing the Sabbath help the Jews to develop?

Read Hebrews 4:9-10. With regard to the spiritual concept of Sabbath, what kinds of works does the person of faith rest from?

"Rest is a decision we make.

Rest is choosing to do nothing when we have too much to do, slowing down when we feel pressure to go faster, stopping instead of starting.

Rest is listening to our weariness and responding to our tiredness, not to what is making us tired. Rest is what happens when we say one simple word: "No!" Rest is the ultimate humiliation because in order to rest, we must admit we are not necessary, that the world can get along without us, that God's work does not depend on us. Once we understand how unnecessary we are, only then might we find the right reasons to say yes. Only then might we find the right reasons to decide to be with Jesus instead of working for him.

Only then might we have the courage to take a nap with Jesus."

Mike Yaconelli

