

Speaker: Pastor Buster Brown

Today's Message: Delighting in God's Rhythms of Grace

Today's Text: Isaiah 40:31; Mark 2:27-3:6

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." **Isaiah 40:31**

"27 And he said to them, 'The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath.' 1 Again he entered the synagogue, and a man was there with a withered hand. 2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. 3 And he said to the man with the withered hand, 'Come here.' 4 And he said to them, 'Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?' But they were silent. 5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him." **Mark 2:27-3:6**

God graciously restores strength and human flourishing to his people (Isaiah 40:31) as we wait for him in expectation and obedience.

1. Scripture (Psalm 1:1-3)
2. Fellowship with Believers (Hebrews 10:19-25)
3. Stewardship as a Mindset

A steward is one who has been trusted with specific resources and will give an account for faithful living.

4. Rhythms of Grace

"What is God's will for you in the Fourth Commandment? First, that the gospel ministry and education for it be maintained, and that especially on the festive day of rest, I regularly attend the assembly of God's people to learn what god's Word teaches, to participate in the sacraments, to pray to God publicly and to give Christian alms. In the second place, that all the days of my life I rest from my evil works, allow the Lord to work in me by his Spirit, and thus begin in this life the everlasting Sabbath." **Heidelberg Catechism**, Question 103

The Christian Sabbath . . .

1. Is a "festive day of r_____".
2. Builds g_____.

"Therefore we must pay much closer attention to what we have heard, lest we DRIFT away from it." Hebrews 2:1

3. Brings C_____.

Continuity is the unbroken and consistent existence or operation of something over a period of time. It is a necessity for flourishing under the Lordship of Christ.

4. Helps us p_____ for the coming week. We enter the Lord's Day to be refreshed/restored by his power and we end the day energize to represent Christ for the coming week.
5. We should DETERMINE to observe the Lord's Day.

Practical Considerations

- Parents and worshipping with children.
- Consistency/continuity is for the health and welfare of our souls.
- Prepare on Saturday.
- Practice the gift of hospitality.
- Delight!

ANSWER KEY: rest, godliness, CONTINUITY, prepare

The first day of the week is the Lord's Day. It is a Christian institution for regular observance. It commemorates the resurrection of Christ from the dead and should include exercises of worship and spiritual devotion, both public and private. Activities on the Lord's Day should be commensurate with the Christian's conscience under the Lordship of Jesus Christ.

Baptist Faith and Message, Article 8

“The first step is to recognise the fact that your moods change. The next is to make sure that, if you have once accepted Christianity, then some of its main doctrines shall be deliberately held before your mind for some time every day. That is why daily praying and religious reading and churchgoing are necessary parts of the Christian life. We have to be continually reminded of what we believe. Neither this belief nor any other will automatically remain alive in the mind. It must be fed.” **CS Lewis**, *Mere Christianity*

DISCUSSION QUESTIONS

1. What does the “profusion graph” tell us?
2. Why has life become a blur of obligations and responsibilities?
3. How can observing the Sabbath address Question #2?
4. How can we practice the gift of hospitality?
5. How can we make the Sabbath a special day in the rhythm of our week?