

Radiant Church, August 16,2015  
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**Gospel Rhythms #5  
Rest and Recreate**

**We take time to rest, play, recreate and restore beauty in ways that reflect God and the work of the gospel in others.**

*Genesis 2:1-3 thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*

After powerfully and joyfully creating the universe, God rested. We are created in His image and therefore were made to joyfully create and rest as well.

We regularly take time to rest, play, create and restore beauty in ways that reflect what God is like to our community.

What do we learn about work and rest looking at Adam and Eve's life in the Garden of Eden?

Work was apart of God's blessings to Adam and Eve

Rest (every afternoon) was also a part of God's blessing to them

What do we learn about work and rest looking at when Adam and Eve rebelled against God?

God's plan for them was seen as incomplete

They saw God as withholding blessing

They decided to "work" at not trusting God, instead of "resting" in His promises and commands for them

*Deuteronomy 5:12-15 Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. You shall remember that you were a slave in the land of Egypt, and the Lord you God brought you out fro there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.*

However, apart from the gospel people restless in their work and labored in their rest. The gospel enables people to rest while working because the work

that justifies them was accomplished in Jesus - they don't need their work to give them significance any longer.

The gospel also enables people to truly rest when not working, because they know that God is always working - God doesn't take a day off - so we don't have to worry that our lack of work will prevent the world from spinning.

Like our first parents Adam and Eve, we rebel against God when we don't trust him, when we don't take Him at His word

If work defines us, it's because we see ourselves as our own functional savior

If rest and play define us, it's because we think God might be withholding blessing to us we think we're otherwise entitled to

So here, in our day and age should we respond to this? What does obedience to what the commandment says look like for us?

*Mark 2:23-28 one Sabbath he was going through the grain fields, and as they made their way, his disciples began to pluck heads of grain. And the Pharisees were saying to him, Look, why are they doing what is not lawful on the Sabbath? And he said to them, Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him? And he said to them, The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.*

In what ways can we get legalistic about rest, recreation, and even Sunday mornings?

Is church "work" for you?

Do we do church out of duty?

It's not the action; it's the attitude, the perspective

If rest, play, recreation and restoring beauty are signs of the gospel in us, how is this so?

The world is not at rest

Our Alaskan idol of independence shows we want to be God

Our Alaskan idol of work shows we don't trust God's work in Christ

Our Alaskan idol of recreation/play shows we feel entitled to more

True rest is a result of feeling secure enough to do so

The gospel says our identity is now in the person and work of Christ  
Whether working, playing, sleeping or creating - we rest in his work, his abilities and his power. This is a matter of perspective formed by the gospel

Where are the areas of our thinking where our understanding of the gospel and our lives are not necessarily in step?

More than anything else, our own rhythms of work and rest are indicators of what we really believe about the gospel

Can we work unto God and be free to do it as worship?

Not fearing the job, the boss, the paycheck or the credibility we gain?

Can we rest unto God and be free to do it as worship?

Not fearing that God is somehow not in control?

Can we create unto God and be free to do it as worship?

Not dependent on the quality of our creation, or the value others assign to our creations?

Can we play as unto God and be free to do it as worship?

Because our Father is in charge and gives us all we need?

Our God is the Creator - we can rest in His creative work, and be free to create as worship, rather than for validation

Our God is the Sustainer - we can sleep knowing He is in control

Our God is the Provider - we don't have to worry if God won't deliver, and we don't have to work thinking we have to make up the gap

Our God is the Redeemer - we can play as an act of worship to our God who has given us joy, security and significance as His adopted children

How can we, Radiant Church see our rhythms for work and play, of rest and recreation as a tool for mission?