

Week 4: Embrace Productive Rest

Series: Redeeming Your Time

Key Verses: Mark 6:30–32; Mark 4:38; Mark 3:1–4; Mark 2:27; Genesis 2:2–3; Exodus 20:8–11

Speaker: Dr. Justin Hardcastle

Big Idea: Our culture today is constantly striving for more. But if we look to scripture, we consistently see Jesus embracing rest. God did not design our bodies to work hard forever with no breaks. There are three distinct rhythms that enable us to be productive with our goals and our souls.

In Ephesians 5:15-17, God commands us to “redeem the time.” He commands us to do this, so we can do “the will of the Lord.” We’ve been looking at seven principles from the life of Jesus. Here’s a quick summary of the principles we’ve discovered so far: (1) Start with the Word, (2) Let Your Yes Be Yes, (3) Dissent From the Kingdom of Noise, (4) Prioritize Your Yeses, and (5) Accept Your Unipresence.

Today, we’re beginning by looking at how we live in a “hustle” culture.

If you want to get more done, the world will often tell you to “work harder,” “burn the midnight oil,” or “sleep when you’re dead.” In order to do more, most of us need to *do* less and *rest* more. **Where do we see Jesus implementing these examples of rest?**

Daily _____.

- **Read:** Mark 6:30-32.
- Jesus recognized that what his disciples really needed was rest.
- Jesus knew that this would be best for everyone.

Nightly _____.

- Although we see Jesus getting up early to spend time with his Father, we also see him prioritizing sleep.

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- The National Sleep Foundation recommends 7-9 hours of sleep per night for adults. Here are some benefits to getting an adequate amount of sleep:
 1. You can concentrate better at work and at home.
 2. You perfect skills you've learned throughout the day when you are asleep.
 3. According to studies, more sleep = more potential income.
 4. Your creative problem-solving skills are enhanced.
- **These are great benefits, but why does this matter?** God commanded us in Ephesians 5:15-17 to “redeem the time,” so that we can do “the will of the Lord.”

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- In Mark chapter 3, Jesus appears to *agree* that some had turned Sabbath into something other than the life-giving gift God had designed it to be. He said the Pharisees were completely missing the point (Mark 2:27).
 - The first Sabbath day was the seventh day of creation (Genesis 2:2-3). God rested, creating the first Sabbath day. Exodus 20:8-11 records the first Sabbath command.
 - The Sabbath is about mimicking God's rhythm of work and rest.
 - The Sabbath is about stepping back and saying of our work and lives this is “very good,” but it is also about saying no to the tyranny of more.

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