Covering Jn. 8-30. Jesus healed the man at the pool of Bethesda; the Jews were up in arms because he did so on the Sabbath. What is the Sabbath? Did Jesus break it? What should we do about keeping the Sabbath? Jesus is always at work, just as the Father is always at work. Jesus describes His work that is more important than anything else. How do we balance work and rest? We need rest (in HIM).

1. Show video clip about a single working mother having a hard time receiving help and wanting to be in control (control freak)
2. What does **The Sabbath and Jesus Doin’ Work** have in common? They are both about control!
3. Overview of last week
4. Read John 5:8-10
   1. What is a Sabbath? The orthodox Jew’s enforcement of the Sabbath
   2. Pharisees and teachers of the law used the Sabbath as control
5. Story of working for Russ and Stephen (7th Day Adventists)
6. Colossians 2:9-17 9 For in Christ all the fullness of the Deity lives in bodily form, 10 and **you have been given fullness in Christ, who is the head over every power and authority.** 11 In him you were also circumcised, in the putting off of the sinful nature, not with a circumcision done by the hands of men but with the circumcision done by Christ, 12 having been buried with him in baptism and raised with him through your faith in the power of God, who raised him from the dead. 13 When you were dead in your sins and in the uncircumcision of your sinful nature, **God made you alive with Christ. He forgave us all our sins, 14 having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross.** 15 And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. 16 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration **or a Sabbath day**. 17 **These are a shadow of the things that were to come; the reality, however, is found in Christ.**
7. **The shadow of things to come, that Jesus embodied and became reality:**   
   Exodus 31:13 “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**. **(Gives you rest from your striving to be holy)**
8. **What has come:** Hebrews 10:9-10 9 Then he said, “Here I am, I have come to do your will.” **He sets aside the first to establish the second**. 10 And by that will, **we have been made holy through the** **sacrifice of the body of Jesus Christ once for all.** **(Gives you rest from your striving to be holy, once and for all)**
9. Read John 5:11-19
   1. Jesus’ defense was wholly shattering. His defense was that God did not stop working on the Sabbath day, and that neither did He… True, according to the creation story, God rested on the seventh day; **but He rested from creation**; His higher works of judgment and mercy and compassion and love still went on.
   2. …it is the teaching of Jesus that human need must always be helped; that there is no greater task than to relieve someone’s pain and distress; that no day can be made a reason for withholding help that might be given; that the compassion of the Christian must be like the compassion of God—unending and unceasing.
10. God gave the Sabbath for control as well, but as a reminder of our dependence on His control in which Christ became our rest.
11. Mark 2:27 (MSG)  
    Jesus said, "The Sabbath was made to serve us; we weren't made to serve the Sabbath. The Son of Man is no lackey to the Sabbath. He's in charge!"
12. Story of where I am when it comes to rest and control
13. Matt 11:28-30 (NIV)  
    28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”
14. Matt 11:28-30 (MSG)  
    "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

The man who had been healed was walking through the streets carrying his bed; the orthodox Jews stopped him, and reminded him that he was breaking the law by lifting and carrying a burden on the Sabbath day. (pg. 177)

The Rabbis of Jesus’ day solemnly argued that a man was sinning if he carried *so much as* a needle in his robe on the Sabbath. (pg. 178)

Jesus’ defense was wholly shattering. His defense was that God did not stop working on the Sabbath day, and that neither did He… True, according to the creation story, God rested on the seventh day; but He rested from creation; His higher works of judgment and mercy and compassion and love still went on. (pg. 179)

…it is the teaching of Jesus that human need must always be helped; that there is no greater task than to relieve someone’s pain and distress; that no day can be made a reason for withholding help that might be given; that the compassion of the Christian must be like the compassion of God—unending and unceasing. (pg. 179-180)

(William Barclay Commentary)

The paralysed man acted at once on the faith that had come to him in Jesus. He rose up and stood sound in limb after 38 years of paralysis. His act of faith in Jesus brought the RESTORATION OF HIS LOST PHYSICAL POWERS. He was doing as Jesus commanded, walking away with his mat, or bed, when he was challenged by the Jews because in carrying his bed he was breaking the letter of the Sabbath keeping law. These critics must have known this man who had been an invalid for 38 years. **They were not interested that a miracle of healing had taken place--that a sick man had been healed. He was carrying a mattress on the Sabbath day--and that was all they saw.** They ignored the miracle of healing and charged the man with breaking the Sabbath.

His answer to the charge was that He who had healed him told him to carry his bed. He tried to draw the attention of the critics to the great fact that he was healed.--That surely one who could restore his lost powers had a perfect right to bid him take his bed to his home. They took no notice. He was breaking the Sabbath, his healing was unimportant. These critics depict that even today they have their successors. There is always a tragedy in being blind to some great spiritual and moral victory, while we strain at and argue over some fine point of doctrine.

(<http://www.mun.ca/rels/restmov/texts/hnorris/ssjg/SSJG.HTM>)

**Here are the main texts that I would use to teach Jesus is our rest (or Sabbath):**

Matt 11:28-30 (NIV)

28 “**Come to me**, all you who are weary and burdened, and **I will give you rest**. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

(The Message)

28-30"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Colossians 2:9-17 For in Christ all the fullness of the Deity lives in bodily form, 10 and **in Christ you have been brought to fullness**. He is the head over every power and authority. 11 In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, 12 having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead. 13 When you were dead in your sins and in the uncircumcision of your flesh, **God made you alive with Christ. He forgave us all our sins, 14 having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross**. 15 And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.[e] 16 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or **a Sabbath day**. **17 These are a shadow of the things that were to come; the reality, however, is found in Christ.**

**The shadow of things to come, that Jesus embodied and became reality:** Exodus 31:13 “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**. **(Gives you rest from your striving to be holy)**

**What has come:** Hebrews 10:9-10 9 Then he said, “Here I am, I have come to do your will.” **He sets aside the first to establish the second**. 10 And by that will, **we have been made holy through the** **sacrifice of the body of Jesus Christ once for all.** **(Gives you rest from your striving to be holy, once and for all)**

Matt 5:17 “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to **fulfill them**. **To embody them and give them their true meaning that was just foreshadowed before and now is a reality in Him.**

Galatians 4:4-11 4 But **when the set time had fully come, God sent his Son, born of a woman, born under the law, 5 to redeem those under the law, that we might receive adoption to sonship.** 6 Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” 7 So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir. 8 Formerly, when you did not know God, you were slaves to those who by nature are not gods. 9 But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? **Do you wish to be enslaved by them all over again? 10 You are observing special days and months and seasons and years! 11 I fear for you**, that somehow I have wasted my efforts on you.

Mark 2:27 (The Message): Then Jesus said, "**The Sabbath was made to serve us** **(I believe to point to what Christ would do)**; we weren't made to serve the **Sabbath (as an end, just as a means to an end) You could say then that Jesus became our work (for righteousness) as well as our rest (so that we could truly rest):** Romans 4:4-5 Now to the one who works, wages are not credited as a gift but as an obligation. 5 However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as righteousness.

**I would say that the above Scriptures do in fact teach that God ultimately gave rest to spiritual Israel (you and I) from working to be righteous before a holy God through Jesus. Though it does not expressly say, "Jesus is now our Sabbath," (though it is close). I believe it is a staple teaching of Scripture much the same as "The Trinity" is taught, though "Trinity" is not expressly worded in the Bible, it is taught loud and clear. Just my two cents, rather quickly.**