

Message Notes

Lord of Rest

Matthew 11:28-12:14

Gospel of Matthew, part 42

May 29, 2005

Jesus Christ, Lord of Rest,

I'm tired of trying to earn God's approval and favor.

*I realize now that I could never do enough
to justify myself before a holy God.*

*Thank you for living the life that I should have lived
and dying the death that I deserve.*

*Thank you for finishing the work of salvation on the cross
so that I might find rest in you and through you.*

I turn from my sin and my self to you.

*I trust you completely and place my self, my life
and my eternal future in your hands.*

Save me and change me. Give me rest. Amen.

grace
San Luis Obispo

Message Outline

Lord of Rest

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I. The PURPOSE of Sabbath Rest: *What it was meant to be*

- A. An exercise of Faith: a reliance on God's grace.
- B. An exercise of Worship: a response to God's grace.
- C. An exercise of Refreshment: restoration by God's grace.

II. The PERVERSION of Sabbath Rest: *What it became*

- A. 39 dos and don't laws.
- B. A way to earn God's approval, blessing and favor.
- C. A way TO life and salvation.
- D. A means of self-exaltation. (Matt. 12:10)
- E. A means of destruction. (Matt. 12:14)

III. The PRESERVATION of Sabbath Rest: *Why we need it*

- A. Jesus corrects the perversion of Sabbath rest.
- B. Jesus preserves the principle of Sabbath rest.

IV. The PROVIDER of Sabbath Rest: *Where we get it*

- A. Jesus is the greater David. (Matt. 12:3)
- B. Jesus is the greater Temple. (Matt. 12:6)
- C. Jesus is the Lord of Rest. (Matt. 12:8)
 - 1. He is the giver of Sabbath Rest.
 - 2. He is the interpreter of Sabbath Rest.
 - 3. He supercedes Sabbath Rest.
 - 4. He intercedes for our Sabbath Rest.
 - 5. He is the fulfillment of our Sabbath Rest.

V. The PRACTICE of Sabbath Rest: *How we do it*

- A. We must first find our inner rest in Jesus' finished work.
- B. Then we must practice outward rest from our own work.
 - 1. Our practice must be INTENTIONAL.
 - 2. Our practice must be AVOCATIONAL.
 - 3. Our practice must be CONTEMPLATIVE.
 - 4. Our practice must be ACCOUNTABLE.

Growth Group Understanding Questions

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1. Read Matthew 11:28-12:14 again. What's the connection between the end of chapter 11 and the beginning of chapter 12? If the end of chapter 11 is the invitation to rest, what's happening in chapter 12?
2. Why exactly was the disciples' grain picking a violation of the Sabbath?
3. Review the PURPOSE of Sabbath rest from the outline. How had Sabbath rest been PERVERTED by the time of Jesus' day? What evidence of that perversion do we see in the text? In which verses?
4. How does Jesus respond to the charge and entrapment of the Pharisees? What is the form of His four-part response?
5. Does Jesus destroy the principle of Sabbath rest? If so or if not, what evidence do you find in the text to support your position? In which verses? What is the significance of this for us?
6. In what ways is Jesus the Lord of the Sabbath? How does He PROVIDE rest? What does all this have to do with the cross?
7. How does this debate over the Sabbath function in Matthew's overall purpose of showing us Jesus the Savior and the Gospel?

Growth Group Application Questions

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1. What was the most encouraging or challenging thing about our message/text this week? What was new?
2. Why is this text so challenging and **seemingly** irrelevant to us 21st Century Americans today?
3. If you grew up in a Christian home, what was your experience with the Sabbath/Day of Rest? Was it something practiced formally in your home? What things were you allowed and not allowed to do? Was your experience positive or negative? Do you think the Sabbath rest principle was perverted or preserved in your home?
4. The Pharisees of Jesus' day perverted Sabbath rest through legalism, making it a way TO life and salvation. How have we equally perverted Sabbath rest but in other ways?
5. Are you the type of person who over-works or over-rests? How does the cross provide rest from the internal work of self-justification? Why must we get internal rest before we practice external rest?
6. How is practicing the Sabbath rest principle yet another way to live the Gospel? How can you improve your practice of Sabbath rest in light of the four guidelines given in the outline? Which do you need to work at?