

Introduction:

- Today marks the beginning of our '21 Days Of Rest' focus. Devotionals FCC FB page.
- Last week we started preparing by looking at Sabbath language and God's groundwork for the Sabbath. Our texts were Gen 2:1-ff where God created the 7th day; Exodus 20:8-11 The fourth commandment. (The only commandment with commentary.) We were looking for language, so that we understand. We were looking for God's activity so we begin to see His expectations.
- Today we build upon last week by answering "Why Do 21 Days of Rest?" And Rebuilding the Ruins
- *"12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in. 13 Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. 14 Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!"* (Isaiah 58:12-14, NLT)

I. Why Do 21 Days Of Rest? Question of purpose. What's the purpose? Why?

A. We are tired and this needs our attention, seriously.

1. We are tired because of all our doing and all of the demands that life has put upon us; and all the demands that we have put upon ourselves.
 - a) The number one enemy of rest is doing. Is 58:3 (they are working hard)
 - (1) In the natural - we are busy and stay busy under heavy demands.
 - (2) In the spiritual - we punch our time clock with God (in and out). We work for Him because it is easier than being with Him. Therefore we 'log' time with God by doing. When He wants us to be with Him.
 - (3) We are about to head into fall & Christmas, a time of activities, family gatherings, financial pressures (gifts) and shakings in our nation.
2. It is not just tired, it literally is a spirit of depression that we have allowed in. If that is you, you are personally being invite by God to enter His rest today.
 - a) We are draining our life/soul (mind, will, emotions) and not getting it replenished.
 - b) God breathed into man and he became a living being. When your God life gets depleted you have to refill. Ie. *"The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring."* (Isaiah 58:11, NLT) Sounds like refilling!

B. To re-establish the value of Sabbath. When we see something as valuable to us, we embrace it; go after it; practice it. Much like, we currently do not see the value of Sabbath rest so we conform to the pattern of this world and run ourselves down.

1. To re-establish the Sabbath we have to start thinking about Sabbath and the rest

found in it. Is. 35 wilderness-blossoming profusely!

2. You have to be intentional about reestablishing the Sabbath. It will not happen because you hear a message about it. You have to be intentionally building Sabbath rest into your calendar.
- C. To re-orient our lives to the Word concerning the Sabbath. Which has been ignored and now stands hidden to the body of Christ. It will take time to do this.
- D. To invite God back into our lives through our hearts and calendars.
 1. It takes 3 weeks to learn a new habit and another three weeks to get comfortable with it.
 2. The Sabbath is was created by God for man. He wants us to enter His rest; not just get rested. His rest is blessed (Gen 2:1-3) Success, prosperity, longevity, LIFE!

II. Rebuilding the Ruins - Isaiah 58:13-14 All of us have places in our lives that need rebuilt!

God makes a way for this to be done/to happen, when we honor the Sabbath.

- A. There are four instructions we find in this passage that are Sabbath related. They are actually in "do" and "Do not" statements.
- B. Four rebuilding instructions from Isaiah 58:13-14.
 1. "Do keep the Sabbath holy and do not pursue your own interests."
 - a) That is a clear and easy to understand statement. To get to the "rest" that we need, we will have to not pursue our own desires/pleasure but pursue God. Pursue knowledge of him, and what brings Him pleasure.
 - b) *"Keep the Sabbath day holy. Don't pursue your own interests on that day."*
 - c) Most believers plan their Sabbath around what they desire to do or what they are interested in.
 - d) The Sabbath is a set apart day (holy) for God to meet with man. This is God's day.
 2. Do enjoy the Sabbath and speak of it with delight.
 - a) *"enjoy the Sabbath and speak of it with delight as the Lord's holy day"*
 - b) Let's face it; most families struggle with finding delight in the Sabbath, especially after arguing all the way to church. "Boring!" "Mom! He touched me." Why doesn't daddy have to go to church?"
 - c) If you are to speak of the Sabbath with delight you are going to have to be intentional about how you do that. For example: *"Let those who delight in my righteousness shout for joy and be glad and say evermore, "Great is the Lord, who delights in the welfare of his servant!" (Psalm 35:27, ESV)*
 3. Do Honor the Sabbath and do not seek your own desires.
 - a) *"Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly"* ESV your own ways, your own pleasures, your own words. (The day has no God talk in it because your mouth has no God talk in it.
 - b) So many have trained themselves on what the Sabbath should look like that they

have no longer left room for God on their Sabbath day.

- c) "own desires", means "to seek to get emotional delight from." TWOT.
 - d) Honor the Sabbath...impressive, worthy or respect! You value God above all else.
 - (1) Ie. Abraham honored God by giving Him Isaac.
 - (2) Gen 22:15-18 God give Abraham the promise because he honored God.
Obedience is a major way in how we honor God. Moses failed when he struck the rock.
4. Do not talk idly on the Sabbath because God sets the day apart as holy.
- a) It must be approached as Moses approached the burning bush, holy!
 - b) The power of our words in the Sabbath must be handled with caution.
 - c) The power of His word in us on the Sabbath is overwhelmingly powerful concerning the strongholds of the enemy. They must come down!
- C. The Fruit of honoring the Sabbath (Isaiah 58:14) This is what God says will happen:
1. Then you shall take delight in the Lord. The Lord will be a 'luxury' to you!
 2. I will make you ride upon the high places.
 - a) You will be above and not beneath.
 - b) You will be the head and not the tail
 3. I will feed you with the promises of Jacob.
 - a) You access promises 'being fulfilled' in the Sabbath.
 - b) The promise to Jacob you will have and behold.
 4. Notice that the three points above reflect the blessing of God on the person who enters the Sabbath. To be blessed meant to be successful, prosperous, and live long.
 - a) Is 58:13-14 Become powerful when acknowledged and activate by faith.
 - b) *"And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail. And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in."* (Isaiah 58:11-12, ESV)

Conclusion:

- Ie. Picture of two drawers: If I asked you to get me a phone charger from the drawer and you opened the drawer what would you find. If you find drawer number one, it will take you longer to get me the charger because everything is tangled. Once organized, finding and maintaining are easier.
 - First drawer filled with tangled cords
 - Second drawer filled with organized cords.
- God is looking for an attitude of submission, surrender, and trust. Get yourself untangled from all the stuff. He wants us to be with Him (one cord in drawer). We cant because we are tangles up in so many things.