

## May 24

“To Rest is to Resist”

Exodus 20:8–11, Deuteronomy 5:12–13

Sermon:

Resistance is something to be opposed, to refuse to agree, submit or obey. To resist is having or showing determination to do or not do something.

To Rest is to Resist.

Observe the Sabbath day keeping it holy. 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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11

To rest is to resist indifference and apathy, our prideful “messianic complexes” along with depression and hopelessness for the purpose of the restoration of wonder, taking our own Eden-like walk with God in the cool of the day, anticipating that future 7th day reality that one day will come.

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall work and do all your work...

...but the seventh day is a sabbath to the Lord your God. On it you shall do no work, neither you, nor your son or daughter, your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand, with an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.

Deuteronomy 5:12-15

To rest is to resist the distorted, confused, and mangled identity that is shaped by what I do, what I own, and what I experience.

“The celebration of Sabbath is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods. Rest emancipates us from the keeping up with the Jones’.”

W. Brueggemann

Envision it.

What would freedom from slavery look like for you? What would restoring your wonder look like for you?

Do it.

Prepare for a struggle.

I bless you with the courage to surrender to the wisdom of the Good Shepherd. May you have vision to see the green meadows in the midst of barrenness, the peaceful streams in the arid places, and the table he has set for you in the presence of your enemies.

I bless you with the humility to be led down paths by the Good Shepherd that you may not choose to travel knowing that even in the valley of the shadow of death he's there. He sees you. You are not forgotten.

I bless you with a cup that overflows. May goodness and mercy be your experience as you anticipate the day when you will live in the house of our Good Shepherd, the Lord Jesus, forever.