

Date: 10-18-15

Series: Ten Commandments

Sermon: Commandment 4—Rest in the Lord

Each week I let you text in questions you may have during the sermon. Last week, during my sermon on the fourth commandment, titled “Rest in the Lord,” you sent in two questions. If you haven’t heard the sermon, I’d encourage you to go to perrowchurch.com or to our church’s YouTube page so you have some context for my answers. And with that, here are my brief answers to your questions.

What does ‘resting’ in the Lord practically look like?

The first question you asked is, “What does ‘resting’ in the Lord practically look like?” In my sermon I mentioned that our resting on the Sabbath is connected to God’s resting on the seventh day of the creation story. On the seventh day, God didn’t cease to work for, if He had, none of creation would have survived. The Bible tells us that all of creation is held together by God’s powerful working hands. God “rested” in the sense of admiring, appreciating, and treasuring the “very good” creation He had just completed.

So, practically speaking, “resting in the Lord” means spending time admiring, appreciating, and treasuring the God who has created, rescued, and redeemed you. Now what that looks like is unique for each of us. Some of us don’t read our Bibles, so to spend half a day admiring, appreciating, and treasuring God by reading His Word is a bit of a stretch. But could you begin by setting aside twenty minutes once a week to read the Bible? Yes, you should be reading God’s Word every day, but “resting in the Lord” is a special time where you stretch yourself by spending your life not on yourself, but by spending it with God.

“Resting in the Lord” could include journaling about God’s faithfulness to you over the past week or taking a long walk outside as you appreciate the beauty of the God who has created all things. “Resting in the Lord” could mean taking a nap as your body needs physical rest and you’ve been living as if God didn’t design you to need sleep. “Resting in the Lord” could include memorizing Scripture so you can remind yourself that God is in control and you’re not, that God is good and that worrying doesn’t change things. It’s amazing how memorized Scripture can bring peace to our lives at just the moment when we need it.

Finally, I know some of you are going to give the “I’m busy” excuse. What does it say about your relationship with the Lord when you’re too busy to spend time with Him? Is He really first in your life if He doesn’t get space on your calendar? Is your joy really in Jesus if you spend more time doing things without Him than you do with Him? Jesus was more in demand than you or I will ever be, yet even He made time to be with God. So maybe it’s not so much about your busyness as it is about your priorities.

Do I quit if work makes me come in on Sunday?

The second question you asked is, “Do I quit if work makes me come in on Sunday?”

I think the obvious answer is, “Of course you quit and go apply to Chick-Fil-A.” Just kidding. Although I can’t think of any other place I’d rather work if I wasn’t a pastor. And of course I mean the “Town Center Mall” location owned and operated by Perrow’s very own Alan Smith.

But should you quit your job if you have to work on Sundays? I should begin by mentioning, and this is not agreed upon in the Christian world, that the Sabbath is not Sunday. The Sabbath is Saturday and the “Lord’s Day”—as the Bible calls it—is Sunday. That’s why I didn’t get into the whole debate about which day we are to rest on.

I think a safe principle—and I’m open to correction here—is to set aside “a” day to rest in the Lord, but don’t worry if it’s “the” day. In the history of the church, persecution has caused Christians to worship God on whatever day of the week was available. When you are part of a secret, underground church, the day of the week is the least of your worries.

But...that’s not the case in our country. So a few things come to mind when I think of this question. What do you mean by your “work makes you come in on Sunday?” Have you asked to have Sundays off? Even if it means less hours? Or do you “have to work” on Sundays because you don’t want a decrease in income?

Maybe you have asked, but you still have to go in on Sundays. Have you looked for another job? I know, I know. What a pain! I’m just eliminating the excuses.

So say you have asked your boss if you can have Sundays off AND you’ve looked for another job, but can’t find any other employment. I’m sure you get at least one day off, right? What do you do on that day? Why can’t it be set aside to “rest in the Lord?” In the sermon I mentioned that I work Sunday through Friday. I take one day off a week. Saturday. And I’m working on adjusting my Saturday so it becomes a day of rest. This isn’t easy. Even for a pastor! But it’s important because just as resting on the Sabbath distinguished the Israelites from the other nations, so to resting in the Lord one day a week sets us apart as followers of Jesus.

I hope my answers are helpful and as always, keep the questions coming!

Pastor Josh