

Stop Before You Drop

The Art of Rest: Making War on Busy - Part 2

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“Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.” - Dallas Willard.

We are not human **doings**, we are human **beings**.

*“¹²The Lord said to Moses, ¹³Tell the Israelites: You must **observe my Sabbaths**, for it is **a sign** between me and you throughout your generations, so that you will know that I am the Lord who consecrates you. ¹⁴**Observe the Sabbath**’ ... ”* Exodus 31:12-14 (CSB)

Sabbath = Shabbat (Hebrew) = to stop, to cease, to rest

Sabbath is a 24-hour period of rest that follows 6 days of work, set apart to honor God, refresh the body, and renew the spirit, as modeled and commanded by God.

Stopping is a declaration of freedom.

Sabbath is a holy rebellion against the tyranny of busyness.

Sabbath is STOP DAY.

How do we STOP?

#1: Strategize Your Spiritual Life

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Observe = Shamar (Hebrew) = To guard, keep, watch over, or preserve

*“Yet He **often withdrew** to deserted places and prayed.”* Luke 5:16 (CSB)

If you don't plan your rest, busyness will plan your burnout.

The battle for your soul starts with the battle for your schedule.

- **Schedule your sabbath**
- **Sabbath according to your wiring**

If you work with your hands, sabbath with your mind. If you work with your mind, sabbath with your hands.

#2: Set the Day Apart

*“¹⁴Observe the Sabbath, for it is **holy** to you. Whoever profanes it must be put to death. If anyone does work on it, that person must be cut off from his people. ¹⁵Work may be done for six days, but on the seventh day there must be a Sabbath of **complete rest, holy to the Lord**. Anyone who does work on the Sabbath day must be put to death.”* Exodus 31:14-15 (CSB)

Sabbath isn't just a day off; it's a holy day.

#3: Slow Down, Simplify, Sustain

*“It is a sign forever between me and the Israelites, for in six days the Lord made the heavens and the earth, but on the seventh day **He rested and was refreshed**.”* Exodus 31:17 (CSB)

Sometimes the holiest thing you can do is hit pause.

Three Ways to Slow Down:

1. Say “Enough”

Sabbath is a way of saying, “I have enough. I've done enough. **God is enough.**”

2. Sleep is a weapon in the war on busy

3. Unplug from the noise

We take better care of our **temporary screens** than we do our **eternal souls**.

#4: Sit with Jesus for a While

“He said to them, ‘Come away by yourselves to a remote place and rest for a while.’” Mark 6:31 (CSB)

How Will You Sabbath This Week?

1. Pick a Day – When will you block out time for Sabbath?
2. Pick a Way – How will you rest according to your wiring?
3. Pick a Focus – What will you say **NO** to, so you can say **YES** to God?

If you don't pause, your soul will pay for it.

Application:

If you read the wider Sabbath literature, some of which is as old as the New Testament itself, you discover there are 12 common activities that fill up a traditional Sabbath.

- **Lighting the candles**
- **Blessing the children**
- **Eating a Sabbath meal**
- **Expressing gratitude**
- **Singing**
- **Worshiping with your church**
- **Walking**
- **Napping**
- **Making love to your spouse**
- **Reading, especially Scripture**
- **Spending time alone with God**
- **Spending time with family and friends in conversation and celebration**