



desert breeze community church

Teaching Notes: Ray Davis

March 01, 2009

Jesusology

“Deep Rest”

Mark 2:23-3:6

We are all doing things to prove ourselves and to justify our existence. To convince ourselves that we are good people and that we matter. That work is never over unless we rest in the Gospel.

“We worship our work, work at our play, and play at our worship.” Charles Swindoll

“Thou hast made us for Thyself, O Lord, and our hearts are restless until they rest in Thee.” St. Augustine

Mark 2:23-3:6

Jesus is My Deep Rest:

Mark 2:28 So the Son of Man is Lord even of the Sabbath.”

Mark 3:1-6 The man’s shriveled hand is a picture of our lives until we are resting in the Lordship of Christ.

- Jesus is claiming to be God (Deity) and the deep rest I long for. (Heb. 4:1-16)
- The deep rest I long for is peace with God. (Rom. 5:1-5)
- PWG will bring psychological, physical and social peace (rest). (Phil. 4:2-7; James 4:1-3)
- PWG is more about what God has done, than what I do. It is faith righteousness, not works righteousness. (Rom. 3:21-26)

Two Ways to Miss This Deep Rest:

Mark 3:6 Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Religious (Pharisees)	Irreligious (Herodians)
<u>Moral conformity</u>	<u>Self-discovery</u>
<u>Keep all the rules</u>	<u>Make up your own rules</u>
<u>ID moral achievements</u>	<u>ID a pursuit or relationship</u>

- Both of these are ways of being your own Savior and Lord. (Luke 15:11-32 Parable of the prodigal sons)
- Both are ways of avoiding God and maintaining control of your life.
- Both of these approaches to life lead to self-righteousness.

The good people are in _____ The open minded people
& the bad are out. _____ in & close minded are out.

What Does This Deep Rest Look Like?

Mark 2:27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath.”

- The moral law can be a burden that enslaves or a blessing that is a gift.

Religion	Gospel
<u>Obey = Acceptance</u>	<u>Acceptance = Obey</u>
<u>Motive: Fear/Pride</u>	<u>Motive: Love/Joy</u>
<u>Forced into obedience</u>	<u>Rushes into obedience</u>
<u>Can’t handle criticism</u>	<u>Open to criticism</u>
<u>Prayer: mostly Petition</u>	<u>Prayer: Mostly praise</u>
<u>Heats up in time of need</u>	<u>Consistent Lifestyle</u>
<u>To control environment</u>	<u>Fellowship with God</u>
<u>Suffering: Angry at God or self because anyone who does good deserves a comfortable life.</u>	<u>Suffering: Jesus took my punishment His love will see me through.</u>
<u>Self-view: Pride or Despair</u>	<u>Humble confidence</u>

Matt. 11:28-30 28 “Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

My restlessness comes from my looking to something (Religion or Irreligion) to give me only what Jesus can give me. The only way to get my heart to stop worshipping the wrong things is to start worshipping the right thing. To the degree my heart is satisfied by enjoying the love, beauty and wisdom of Jesus Christ is to the degree the things of this world can no longer control me.



Growing

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1) Do you think most people who are skeptical of Christianity are rejecting something that they understand? How would you explain the differences between Religion (Pharisee type) versus Christianity?

2) What is this deep rest that can only be found in Jesus Christ (Rom. 5:1)? How does peace with God impact a person's whole life (psychological, physical and social)? What is the difference between faith righteousness and works righteousness?

3) What two ways can you miss this deep rest? Compare and contrast the Pharisees and the Herodians? Which one is the default mode of your heart? How are these two ways still ways of staying in control, being your own savior and promoting self-righteousness?

4) What did Jesus mean when He said, "The Sabbath was made for man, not man for the Sabbath"? Compare and contrast the difference between religion and the Gospel from the sermon notes? Which one(s) do you struggle with the most? Explain.

5) What area of your life are you in need of deep rest? Pray Matthew 11:28-30 with this area of need in mind