

# Crazy Busy

Going from burnout to balance

February 15 & 16, 2014

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desert breeze  
community church



## Sermon Notes

### “Rhythm or Blues”

If you don't rest yourself you'll eventually wreck yourself. There is a kind of weariness even when you rest and a kind of rest even when you are exerting energy. The rest we need is both body & soul.

Mark 2:23-3:6

### WHY WE NEED IT? vv23-27

“God's design was not to punish little kids with naps on Sundays or to drive us to boredom and inactivity once every seven days. God gives us Sabbath as a gift: it's an island of get-to in a sea of have-to.” – Kevin DeYoung Crazy Busy

- Jobs are more unstable
- Demands are much higher
- Technology keeps us tied to it
- Identity is overly attached to it

### WHAT IS SABBATH REST?

- Jesus is claiming to be God (Deity) and the deep rest I long for. V28 Gen1:31-2:3; Heb4:1-11
- All the acceptance, security & significance I'll ever need are found in Christ. We must combine v2:28 and v3:6. Isa57:20; 2Cor5:21; Rom5:1.
- It is a resting in Christ alone for our salvation but also diverting daily, withdrawing weekly & abandoning annually to reinforce this truth deep in our heart. Deut.5:15; Ps1:2-3, 103

### HOW DO I DO IT?

- Recognize my restlessness comes from looking to something (Religion or Irreligion) to give me only what Jesus can give me. 3:6; Luke 15:11-32
- Replace the worship of my idols with the worship of the only LORD who forgives me when I fail Him and fulfills me when I get Him. 3:1-5; 2Cor4:16; Pro4:18
- Rejoice in the person & work of Christ until your heart is relishing, resting & releasing its grip on anything else it thinks that it can't live without. 2:27; Jer29:13; Heb11:6; Col3:1-2

## Growing Notes

1) What do you think it means to recharge spiritually? What are your favorite ways to recharge spiritually? How do you know you're getting dangerously to the edge spiritually? How does our physical, emotional and relational well-being affect us spiritually?

2) Read Mark 2:23-3:6. What did the disciples do that outraged the Pharisees (vv23-24)? How did Jesus respond (vv25-28)? What does it mean, “The Sabbath was made for man, not man for the Sabbath” (v27)? What are the four reasons from our sermon notes we need Sabbath rest? Which one(s) most apply to you?

3) Review the three points & cross references under the question on the sermon notes: “What is Sabbath Rest?” What does it mean that Jesus is the deep rest I long for & all the acceptance, security & significance I'll ever need? What's the difference between working for your identity in Christ & working from it? Sabbath rest is a principle but also a practice of driving the principle deep into my heart. Explain. What are some things you do or can do to drive the truths of Christ deeper into your heart for Sabbath Rest?

4) As you take a Sabbath rest why is it important to begin by realizing that your restlessness is coming from looking to something (Religion or Irreligion) to give you only what Jesus can give you and then to begin to replace the worship of your idols with the worship of the Lord Jesus Christ? What does it mean to rejoice in the person & work of Christ until your heart is relishing, resting & releasing its grip on anything else it thinks that it can't live without? What are your next steps to having a better Sabbath Rest? Pray.