The New Normal: 4 Lessons Learned from a Crisis

The Importance of Creating Margin

June 21, 2020

Matthew 11:28-30; Genesis 2:13; Matthew 12:1-13

Sermon Summary

C.S. Lewis means when he said, “God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world.” In this series we will be looking at four things that God is trying to tell us through these trying times.

Today’s sermon will explore the idea of Sabbath, rest and margin. Over the last few months we have experienced disruption. The most difficult for many of us has been the fact that we were caught by surprise and have come to realize that we have little margin in our life for disruption and we were quite unprepared for crisis. The Biblical principle of Sabbath rest serves a foundation for how we should approach life and how we can deal with the great uncertainties of life by learning to rest in Christ.

Practicing Rest in Jesus

The Principle of Rest After creation, God rested. God looked at his work, saw it was very good, and he rested. He did not rest because he was tired, he rested because he was satisfied with what had been done.

- In Hebrews 4:9-10, the writer of the book of Hebrews is saying that when you believe in Jesus (his finished work) you find rest in the gospel. You do not have to keep working to get God’s favor you rest in what has been done. You are satisfied and do not seek to add anything to it. This is why rest is so important. It instills a deep sense of self. It brings life back into balance and perspective.

The Promise of Rest

- If sin broke the original design, Jesus came to restore it – He promised rest
- You need a personal relationship with Jesus in order for you to have rest in your souls.

The Practice of Rest

- Inner Disciplines of Sabbath Rest
  - Freedom – Remember that you have been liberated
  - Trust – Remember that God is in control
- External Disciplines of Sabbath Rest
  - Vocational Rest
  - Contemplative Rest
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Small Group Guide

Ice Breaker and Introduction
- If you had one week of vacation in which to recharge your physical and emotional batteries, where would you go to rest, relax and get rejuvenated?
- What sorts of activities absolutely drain the life out of you?
- Read Matthew 11:28-12:13

What Does the Bible Say?
- What kind of people was Jesus addressing? (vs. 28)
- What promise did Jesus make to those who would accept His offer? (vs. 28)
- How is walking with Christ described? (vs. 30)
- How did the Pharisees react when they saw the disciples eating? (12:2)
- What did Jesus accuse the Pharisees of failing to understand? (12:7)
- What did Jesus claim about Himself? (12:8)

How Does It Apply to Me?
- In what ways do you feel weary and burdened right now?
- What is it like to experience the promised “rest” of Christ?
- What aspects of the Christian life do you find especially taxing or burdensome?

What Do I Need to Do with This?
- How can you create margin in your life this week?
- What burdens will you entrust to Christ today?
- How do you react to the idea that God uses trials and storms to show us how much we need Him?
- Respond to these statements:
  - Suffering has a way of causing believers to remember what really matters
  - Opposition reminds us that ultimate acceptance and approval come not from others but from God
  - Overwhelming circumstances cause us to realize that we are utterly helpless without His grace and power in our lives