



Pastor Derrick Shields “Soul Food: Rhythms of Grace” 10/3/2021

Key Verses:

- Exodus 16:21-30, Matthew 11:28-30

Key Thoughts:

- Soul: *the capacity to integrate all parts (will, mind, body) into a healthy, whole life.*
- We find the people of Israel out in the desert having come out of Egypt. It was the promise of a land flowing with milk and honey that led them out into the wilderness. They had no knowledge of what it took to survive in these conditions, but when they told God that they had no food, he provided quail and manna. He told them each day to only take enough for them and their family and on the Sabbath, they should not go out to look for food.
- Even despite the Lord's instructions, some people went out on the Sabbath to gather it, but there was none on the ground.
- There was a daily rhythm that had been established for gathering food as well as a weekly rhythm that involved working six days and resting on the Sabbath. These were shared disciplines that was building a trust in them: trust in God. Do you believe that Sabbath keeping is a gift that blesses you? They worked for six, believing that God would provide on the seventh day off.
- “Sabbath-keeping is the lynchpin of a life lived in sync with the rhythms that God himself built into our world, and yet it is the discipline that seems hardest for us to live.”
- When we don't honor the Sabbath, what we're really saying is that we don't have any limits. It acknowledges that I'm not God and that the things we need to do don't depend on us.
- “We are blessed with inner rhythms that tell us where we are, and where we are going. No matter, then, our fifty and sixty hour work weeks, the refusing to stop for lunch, the bypassing sleep and working deep into the darkness. If we stop, if we return to rest, our natural state reasserts itself. Our natural wisdom and balance come to our aid, and we can find our way to what is good, necessary and true.”
- There's a temptation for us to be in bondage to busyness and distractions if we don't respond to God's invitation to Sabbath.
- The Vicious Cycle of Busyness: “Christians are assimilating a culture of busyness, hurry and overload which leads to God becoming more marginalized in our lives which leads to a deteriorating relationship with God which leads to becoming more vulnerable to adopting secular assumptions about how to live which leads to more conformity to a culture of busyness, hurry, and overload.”

Rhythms of Grace to Break the Vicious Cycle:

1. *Work and Rest*
- We weren't meant to work seven days a week. Where is your body resting and your soul getting replenished by the Lord?



2. *Engagement and Retreat*

- Mark 6:12-13 – Jesus sends out the disciples and they healed people then the next time they're with Jesus (v.30-31), they tell Jesus all they'd done, and Jesus' response is that they should go away to a quiet place and rest awhile.

3. *Silence and Word*

- Sometimes we just need to be quiet (Proverbs 10:19, Psalm 4:4-5 [NLT]).

4. *Stillness and Action*

- In the stillness, Moses heard God say raise his staff. If you are facing something huge in your life, get some rest, find some way to retreat, get silent and get still. If you do this, God will give you what you need to face what's in front of you.
- Matthew 11:28-30 (MSG) – Jesus says here “learn the unforced rhythms of grace”.

Discussion Questions:

- What is the result of missing rhythms in your life?
- Which of the four rhythms of grace talked about in this sermon do you feel you most need to implement?
- How can you see that your busyness is a form of bondage?
- How does the idea of getting away with Jesus sound to you? When will you take the time to let Him show you how to take a real rest?