

Hangry: Breaking Point (Solitude & Sabbath)

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Jim Gaffigan's wife had a brain tumor

And she had this massive surgery

He said they found out

That their brain surgeon was one of the best in the world

Which is kinda funny

I mean these folks graduate college

And then they go to med school

And then they specialize in neurology

And then they specialize in surgery

And after all that, we ask

“Yeah, but are they any good?!?”

Of course, they're good

They're a brain surgeon

You know what happens to brain surgeons who aren't any good

They don't let them become brain surgeons

Gaffigan said his wife had an amazing team of doctors

So, in addition to the brain surgeon

She had an ear, nose, and throat doctor

Which he said kinda sounds like someone who didn't make the cut for brain surgeon

"I wanna be a brain surgeon"

"Why don't we just stick with the ears, nose, and throat"

"We think you'd be better with the things around the brain"

"So, can I have the eyes?"

"No, the eyes go to the guy at LensCrafters"

"Let's just have you stick with the ears, nose & throat"

Gaffigan said he has a newfound respect for doctors

They spend their whole life

Training to help people

Striving to encourage people towards health & healing

But he said, unless we're really sick

We just don't listen to anything they say

He said, I go to the doctor

And they say

"Jim, you need to lose weight"

"No chance"

"Well, you should exercise"

"Nope... what else ya got"

"Well, you could eat better"

"Never gonna happen"

Gaffigan asks the question

What other profession

Spends their life pointing people in a positive direction

Only to have many of them walk out the door

And not change anything

...

But me too, by the way

Unless we're really sick

Spiritually

We're tempted to not listen

To what God says

Jesus' brother James

Who spent his whole life with Jesus

Only to not listen to anything He said

Later wrote this:

**James 1:22 - Do not merely listen to the Word, and so deceive yourselves.
Do what it says.**

When we hear the Word

And think that listening alone

Accomplishes anything

We've fooled ourselves

Self-deception

We have to put it into practice

If you're just joining us

We're in week 3 of a series we've called

Hangry

We've asked the question:

Is it possible

That spiritual hunger

Can lead to emotional or relational results

Just like physical hunger can?

I think Scripture would say yes

And today's message

Will put James' words to the test

We are going to be very tempted

To deceive ourselves... today

We are going to be very tempted today

To put off changes

That really need to happen for our *spiritual* health

But we'll put them off

Until we just can't do anything else

Until we're really sick... spiritually

But what if God has told us all along

What would make us happy

What would make us healthy

And we just haven't listened

I think, maybe, He has

Let's jump into it

In the book of Exodus

God gave Moses

And parenthetically us

10 commandments to follow

The first three are pointing to the divine:

- 1. No other gods**
- 2. No idols**
- 3. Don't take the Lord's Name in vain**

The last five talk about how to treat others:

- 6. Don't kill**
- 7. Don't commit adultery**
- 8. Don't steal**
- 9. Don't lie**
- 10. Don't covet other people's stuff**

Number 5 is kinda in the middle

How to treat your parents

- 5. Honor your father and mother**

Those are all huge

Imagine, for a moment

How society would change

If any of those 9 were eliminated from consciousness?

What if you moved to a country

And found out that they don't believe #___?

I mean, can you imagine

How that culture would unravel?

And if God would have stopped right there
With the nine commandments
We wouldn't have sensed that anything
Was missing

But there was a 10th
Number 4
Does anyone remember what that was?

4. Remember the Sabbath Day by keeping it holy

“The Sabbath”

A day off

A day to rest

A day to honor the Lord

And this wasn't just a day not to go into the office

This was a day to do no work

I gave you the shorthand list here

But go back and read in Exodus 20

Several of these commandments

Have whole paragraphs of explanation

Some are brief

But some get lots of explanation

And Scripture says that God carved these words

Into stone tablets

With His finger

That's gotta hurt

So, every word counts

Take a look (Show Graph)

Most of them are pretty straightforward

Don't kill people (#6)

You know when you've done it

Most people acknowledge its wrong

So, don't do it

It only takes four words

"You shall not murder"

Adultery, stealing, lying

Pretty straightforward

But coveting gets 31 words

Idol worship gets 82

And the granddaddy of them all

The Sabbath

Gets 99 words from God

99 words

Carved into stone

By the Hand of God

I don't think God gave them more words

Because they were more complicated

Or more important

I think He gave them more words

Because He knew we would make excuses

And look for loopholes

Now let me ask you:

If we can imagine how different a society that doesn't abhor murder

Like we do

Or doesn't value honesty

Or fidelity

How that culture would be a painful place to live

Why do we think

That any of them are optional

Because most of us live

Like number four wasn't included

And we assume that that life

Will work out just fine

Scripture consistently

Disagrees with that

Look at Isaiah 58:13-14

Verse 13 gives a command

We'll skip the command for a second

Because verse 14 gives the resulting blessing

From that command

This is a common pattern in Scripture

God will say – do this

And if you do, this will happen

And if you don't, this will happen

Isaiah 58:13-14 (NIV) - “

**then
you will find your joy in the Lord, and I will cause you to ride in triumph
on the heights of the land and to feast on the inheritance of your father
Jacob.” The mouth of the Lord has spoken.**

Now you know what verse 13 says

I've set that up for us

But normally

If you read verse 14

You'd think verse 13 was about purity

Or prayer

Or giving to the needy or something

But look at what verse 13 actually says

The prescription that gives us these results

Isaiah 58:13-14 (NIV) - "If you keep your feet from breaking the Sabbath and from doing as you please on My holy day,

then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the Lord has spoken.

"Feet"

How do our feet break the Sabbath?

By running us around

And if this was true

Before the invention of the automobile

How much more

Do you think this applies today

A modern translation might say

"If you keep your car in the garage on My Sabbath"

Verse 13 continues:

Isaiah 58:13-14 (NIV) - “If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, **if you call the Sabbath a delight and the Lord’s holy day honorable,**
then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the Lord has spoken.

“A delight”

God doesn’t want the Sabbath to be drudgery

He doesn’t want this to be out of guilt or obligation

Did you ever get a present as a kid

From an older relative who didn’t really know you well

And you had to act excited

Because you were getting the look from mom or dad

“Oh great... a turtleneck... just what every 8-year-old wants”

The Sabbath is a *good* gift from God

He wants us to enjoy it

He wants it to be a “delight”

And it would be... if we tried it

Isaiah 58:13-14 (NIV) - “If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, **and if you honor it by not going your own way and**

not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the Lord has spoken.

When we treat the Sabbath

Just like the other six days

Going our own way

Doing as we please

Speaking idle words

Talking about it like its normal

We won't find our joy

Or ride in triumph on the heights of the land

Why?

Because we weren't designed to work 7 days a week

Now, most of us don't go into an office

Or jobsite

7 days a week

But far too many of us WORK

7 days a week

And we were never designed for that

And God has told us all along

What would make us happy

What would make us healthy

But we just haven't listened

Now I know the argument

Jesus never gave commands about the Sabbath

Like He gave about many of the other Old Testament commandments

But let me push back a minute

Seven different times in the Gospels

We find Jesus healing someone on the Sabbath

Let's think about that:

Jesus healed 1,000's of people

1,000's!

But 7x on the Sabbath

It's safe to assume

That He healed 100's of people on a Monday

100's on a Tuesday

100's on Wednesday

But only 7 on Sabbath

Why only 7?

Because those were the exception

And because Him choosing to do *anything* on the Sabbath

Got a big reaction from the religious folks

Because normally

He honored the Sabbath

By resting

Normally

He didn't violate their rules

He never violated God's law

But they had added specifics about the Sabbath

And normally

He didn't violate those either

One other time

In Mark 2

Jesus & His friends got fussed at by religious leaders

For "working" on the Sabbath

Again, not breaking the actual law of God

But breaking their traditional rules

Designed to protect the law

They were walking along a path

Thru a grainfield

And His disciples

Grabbed some grain

As they were walking

And ate it

And Mark records it

And Mark records the Jewish leaders having a meltdown

For swiping some grain

And eating it

Mark records this

Because that was the most egregious example

He could list

Of Jesus *working* on the Sabbath

Jesus did not teach us about Sabbath

But Jesus modeled for us... Sabbath

Jesus modeled rest

Not only on Sabbath

But throughout His week

And then He told us to follow Him

Take a look at Luke 5:

Luke 5:12-14 - While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged Him, "Lord, if You are willing, You can make me clean."

Jesus reached out His hand and touched the man. "I am willing," He said. "Be clean!" And immediately the leprosy left him. Then Jesus ordered him, "Don't tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them."

Let me pause a second

Why would Jesus tell him that?

Why would Jesus "order" him

Not to tell anyone?!?

He healed him

Because He had compassion

But He didn't want people to come

Just to be physically healed

That wasn't His main goal

But verse 15 says:

Luke 5:15 (NIV) - Yet the news about Him spread all the more, so that crowds of people came to hear Him and to be healed of their sicknesses.

Now I know He was trying to avoid this

But what's better than that

As a pastor

Crowds of people

Coming to hear Him

Coming to be healed

Coming to connect

What's better than that?!?

I mean it's so hard for us

Isn't it

We don't know what it's like to be Jesus

But it's so hard for us

To say no to good things

Saying no to bad things

Not that tough

But saying no to good things?

That's really challenging

And Jesus, here

Is faced with that reality

Crowds of people are coming

That's great
But you've got to live in a way
That honors God
You've got to live in a way
That recognizes your limits

Look at the next verse

And I want to see if you
Notice a specific word

Luke 5:16 (NIV) - But Jesus often withdrew to lonely places and prayed.

Jesus often withdrew
From crowds who had come to see Him
To lonely places
Away from the crowds
To connect with God

Do you see the word?

What word do you think I'm talking about?

All nine words are pretty significant

Really

It starts with the word "but"

Jesus didn't just go along with what was easy
He changed the narrative

The crowd was moving Him this way

“But”

He went a different way

Following Him requires that

It says He “withdrew”

He was intentional about getting space in His life

It says He went to “Lonely places”

Let me ask you:

If Jesus needed that

If Jesus needed mental and spiritual space

In first century Israel

Which was much quieter and much slower

Then 21st-century Spring Hill

If Jesus needed that

How much more do we need that space?

It says He withdrew to “pray”

It fits this series

Jesus didn’t want to get hangry... spiritually

He knew He needed to talk with God

But I want you to notice another word

Do you see it?

It's the word "often"

But Jesus *often* withdrew to lonely places and prayed.

This wasn't a one-time event

This wasn't the exception

It was the pattern

Let me ask you a question

If an author wrote your biography

Would that statement be included

In your story?

And *if* not

Why not?

I mean, picture standing before God

Explaining why you didn't follow Jesus in this way

Every excuse we make sounds pitiful

Me too

I decided to show a couple examples:

They all start with

“Sure, Jesus needs that, but...”

Which is always a bad sign

Let’s be honest

“Sure, Jesus needs that, but I just can’t. I’ve got really big responsibilities.”

Does Jesus roll His eyes in Heaven?

The Bible says that Jesus sits at God’s right hand

So, God’s here – Jesus is here

You and I are presenting our case

How does that sound

Standing before the Lord

“Sure, Jesus needs that, but I just don’t need it. I’m a very spiritual person.”

“Sure, Jesus needs that, but that’s really unrealistic for me. I’ve got a lot of people counting on me.”

Think how ridiculous our excuses must sound

Jesus often withdrew to lonely places and prayed

And we don’t

What if God has told us all along

What would make us happy

What would make us healthy

But we just haven't listened

I titled this message

"Breaking Point"

And I think that word "break"

Is fascinating

Break has multiple definitions:

A break can be a disruption from work

It can be a 2-week vacation

Or a 15-minute slot in the break room

A brake can also be

The pedal designed to slow things down

"Pump the brake"

And yes

I know that would be spelled a different way

Settle down

Or, a break can be a crack

A broken bone

A broken vase

A broken spirit

Isn't it interesting how those three

Go together

You can take a break

You can pump the brake

Or you can break

So, when we title the message

"Breaking Point"

Which... definition... do we mean?

All three

Really apply

Don't they

We're at the point where we should

Take a break

Or we're at the point

Where we should pump the brake

Or we're at the point

Where we're about to break

Change happens (Show “formula”)



Change happens

This is true in any portion of your life

Change happens

When the pain of changing

Is less than the pain of not changing

The pain of staying the same

This is true with doctors

You know you need to make a physical change

But when the doctor gives you the ultimatum

You finally do

This is also true spiritually...

What's it gonna be?

Which break are we gonna choose?

Change is hard

People are going to fuss

Plans will have to be changed

We'll have to say no to good things

Change is hard

But which definition of break

Are we going to choose?

This is foundational to the Gospel {Show Matt. 11:28-29}

We're weary & burdened

Stressed out

Burned out

Looking at this and that and them to change

But what if God has told us all along

What would make us happy

What would make us healthy

But we just haven't listened