

NOTES

Marc Gagnon

DAY 1

- ★ “The most potentially destructive issue of spiritual growth is not alcohol, nor immorality, nor drugs ... it is people who are efficiently busy.” - **Morton Kelsey**
 - ★ “I cannot think of a single thing I have ever gained from being in a hurry. But a thousand broken and missed things, tens of thousands, lie in the wake of all that rushing. Through all that haste I thought I was making up time. It turns out I was throwing it all away.” - **Mark Buchanan**
 - ❖ Sabbath is a gift to be enjoyed ... not a burden to be endured.
 - By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. - **Genesis 2:2-3**
 - ❖ Blessed
 - ❖ Holy
 - ❖ Sabbath is a special day, a better day, a day of rest and delight. It is incredibly fruitful and productive ... even though you don't accomplish anything.
 - ❖ Sabbath is not a reward for getting things done... it is an undeserved gift from a loving Father.
 - ★ “Sabbath is like receiving the gift of a heavy snow day every week. Stores are closed. Roads are impassable. Suddenly you have a gift of a day to do whatever you want. You don't have any obligations, pressures or responsibilities. You have permission to play, be with friends, take a nap, read a good book. Few of us would give ourselves a “no obligation day” very often. God gives you one every seventh day.” - **Pete Scazzero**
1. Stop
 2. Rest
 3. Delight

4. Contemplate

★ “I will never forget the first time I took pleasure in warm water running over my hands in a McDonald’s restroom on a Sabbath. I slowly dried my hands, rubbing them together under the dryer as the water dissipated. I did not run out of the restroom, drying my hands on my pants as I walked to the car. I did not skip putting soap all over my hands. I relished the present moment and tasted the Sabbath gift of simply washing my hands!” - **Pete Scazzero**

❖ **Contemplate:** If you can’t get it all done, there are things that you are doing that God doesn’t want you doing!

★ “If a thing is worth doing, it is worth doing badly.” - **GK Chesterton**

DAY 2

→ And forgive us our debts, as we also have forgiven our debtors. - Matthew 6:12

❖ If they hurt you, they took something from you, and they owe you!

★ “Holding anger and bitterness is like drinking poison and expecting the other person to die.” - **Unknown**

→ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. - Ephesians 4:31

❖ When forgiveness is granted, someone still pays.

❖ Forgiveness = voluntary suffering

❖ Forgiven people forgive people.

1. **If I forgive, there is no justice.**

2. **If I forgive, they will do it again.**

Forgiveness is a choice to not pursue payment, not a welcome mat for it to be done again.

- 3. They haven't said sorry, and don't even know the harm they are doing or have done.**

And when you stand praying, if you hold anything against anyone, forgive them...
- **Mark 11:25**

- 4. They don't deserve it.**

"You can remain bitter towards someone only if you feel superior, if you are sure you would never do anything like that." - **Tim Keller**

- 5. I don't feel like it.**

We do what we can, God does what we can't!

DAY 3

- 1. Identify who you are angry with.**

- 2. Determine what they owe.**

You cannot forgive what you cannot account for.

- 3. Cancel the debt just as Jesus canceled our debt.**

Heavenly father, _____ has taken _____ from me. I have held this debt for long enough. I choose to cancel this debt. _____ doesn't owe me anymore. Just as you forgave me, I forgive _____.

- 4. Dismiss the case, and refuse to re-open it.**

- 5. Bless them.**

"I will die with no enemies. There are people who don't like me, but the feeling is not mutual." - John Maxwell.

Day 4

- When Jesus had finished saying all this to the people who were listening, he entered Capernaum. - **Luke 7:1**

- ❖ If you want to know what Jesus meant by what He said, look at what He did!

Luke 7:1-8

1 When Jesus had finished saying all this to the people who were listening, he entered Capernaum.

2 There, a centurion's servant, whom his master valued highly, was sick and about to die.

3 The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant.

4 When they came to Jesus, they pleaded earnestly with him, "This man deserves to have you do this, 5 because he loves our nation and has built our synagogue."

6 So Jesus went with them.

6b He was not far from the house when the centurion sent friends to say to him: "Lord, don't trouble yourself, for I do not deserve to have you come under my roof.

7 That is why I did not even consider myself worthy to come to you. But say the word and my servant will be healed.

8 For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

- ❖ The Centurion sees who Jesus is... and is trusting in nothing and no one else.

Luke 7:9-10

9 When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel."

10 Then the men who had been sent returned to the house and found the servant well.

- ❖ Jesus blows up the boundary-based system built on "insiders and outsiders" and rebuilds it around himself.

- ❖ Jesus completely fails at drawing boundaries for insiders and outsiders.
 - ❖ Who is normally outside my boundaries that God is inviting me towards ... to love, serve, and learn from?
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Day 5

- ❖ I want grace for me ... but not for thee.
- ❖ I want truth for you, and grace for me.

Luke 13:10-16

10 On a Sabbath Jesus was teaching in one of the synagogues, 11 and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all.

12 When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." 13 Then he put his hands on her, and immediately she straightened up and praised God.

14 Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath."

15 The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water?"

16 Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?"

- ❖ They had grace for themselves (and their animals) and 'truth' for this vulnerable, suffering woman.
- When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.- **Luke 13:17**

- ❖ Malachi: “For I hate divorce!” says the LORD, the God of Israel.
 - ❖ Religious people wielding ‘scripture’ and yet partnering with evil.
 - ❖ A text without a context is just a pretext for whatever I want to say!
- But Onan knew that the child would not be his; so whenever he slept with his brother’s wife, he spilled his semen on the ground to keep from providing offspring for his brother. - **Genesis 38:9**
- ❖ For the historic church, any sex that didn’t have procreative potential was seen as sin.
1. **The Bible says it, that settles it!**
 2. **This isn’t even a conversation!**
 3. **Well, that’s just _____.**
(progressive/conservative/liberal/woke/extreme right/extreme left/giving into the culture).