

Certainty... in a world of doubt

The Gospel of Luke

desert breeze
community church



Saturday & Sunday, March 18/19, 2017 Ray Davis

“Soul Rx” Luke 6:1-11

“You have made us for yourself, O Lord, and our heart (soul) is restless until it finds its rest in you.”—Augustine (Confessions)

There is a kind of soul rest that all the sleep and vacations in the world can't give you. If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life.

Why We Need It? vv1-4

Because Soul Restlessness...

- ✓ Drives work-a-holism & other addictions. 2Pet2:19b
- ✓ Strangles your soul. Luke 8:14; Matt4:4
- ✓ Robs you of joy. Phil4:4; Gal5:22; Jn15:11
- ✓ Hides the rot in your soul. Haggai 1:5-8
- ✓ Destroys your body. Pro.14:30

Where We Get It? vv5, 11

Sabbath = a deep rest, a deep peace, a state of wholeness and flourishing in every dimension of life.

- 1) We are sinners saved by grace through faith in Christ's work, NOT our work. Rom5:1; Eph2:8-9; Matt11:28-30
- 2) To the degree I rest in the finished work of Christ is to the degree I am set free from the relentless pressure of having to prove myself. Gen1-2:1-2; Heb4:9-11
- 3) Those who know that salvation comes by grace, not our efforts, have an inner dynamic of grateful joy that empowers the greatest efforts. Isa57:20; 2Cor5:21; Col3:1-3

How Do We Do It? vv6-11

Internal Disciplines:

- 1) As An Act of Liberation: “My work doesn't define me, Christ defines me.” Luke 3:22; 2Cor5:21
- 2) As An Act of Trust: “I am not the one who keeps the world running.” Heb1:3; Acts17:24-28; Col1:15-17

External Disciplines:

- 1) Divert daily, withdraw weekly & abandon annually to do those things that inflare your passion for Christ.
- 2) Balance your Sabbath time:
 - ✓ Adoration – Rejoice in who Christ is & what He has done for you.
 - ✓ Avocational – do things you don't typically do.
 - ✓ Apathy – unstructured, unplanned inactivity to think & feel whatever.
- 3) Be accountable for Sabbath time.
- 4) Establish limits in your work.
- 5) Community – brainstorm with a few Christian friends who will help you to find balance.

Growing Notes

- 1) What are your thoughts and feelings about Augustine's quote in the introduction of this Bible study? There is a kind of soul rest that all the sleep and vacations in the world can't give you. Explain. What is a healthy soul (Matt11:28-30)?
- 2) Read Luke 6:1-11. What stands out to you from this text? How do the Pharisees reveal their soul restlessness? Review the five reasons we need soul rest along with cross references. Which one(s) can you most identify with?
- 3) Review the statements under where we get this soul rest along with cross references. Which of the three statements are most significant to you? Explain. How does resting in the finished work of Christ not only secure our right relationship with God but also silence the inner murmur of self-reproach? What should the greatest efforts of Christians be motivated by?
- 4) The one-day-a-week rest we take is just a taste of the deep divine rest we need, and Jesus is its source. Explain. Review the two internal disciplines and the five external disciplines of how to do Sabbath rest. Why must you start with internal disciplines before you can do the external disciplines? What is God speaking to you through this study? Pray.