

FUTURE CHURCH



A WAY OF LIFE FOR THE
CHURCH OF THE FUTURE

A Community of Rest in a Culture of Exhaustion

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Burnout: physical or mental collapse caused by overwork or stress

“Exhaustion means going to the point where you can’t go any further; burnout means reaching that point and pushing yourself to keep going, whether for days or weeks or years.”

- Helen Petersen

When your soul can no longer bear the weight of your life.

“Burnout isn’t a place to visit and come back from; it’s our permanent residence.”

- Helen Petersen

Genesis 2:1-3

Thus the heavens and the earth were completed in all their vast array. 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.

“To the philosopher the idea of good is the most exalted idea. But to the Bible the idea of good is penultimate; it cannot exist without the Holy. The good is the base, the Holy is the summit.”

- Abraham Heschels, *Sabbath*

Deuteronomy 5:14-15

Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

Luke 23:52-56

He went to Pilate and asked for Jesus' body. Then he took the body down from the cross and wrapped it in a long sheet of linen cloth and laid it in a new tomb that had been carved out of rock. This was done late on Friday afternoon, the day of preparation, as the Sabbath was about to begin. As his body was taken away, the women from Galilee followed and saw the tomb where his body was placed. Then they went home and prepared spices and ointments to anoint his body. But by the time they were finished the Sabbath had begun, so they rested as required by the law.

Through Sabbath:

- We Remember
- We are Reformed
- We are Restored

“Thus the Sabbath...is an act of trust in the subversive God...an act of submission to the restful God....Sabbath is a practical divestment so that neighborly engagement, rather than production and consumption, defines our lives.”

- Walter Brueggemann, *Sabbath as Resistance*

Isaiah 58:13-14

If you call the Sabbath a delight and the Lord's holy day honorable...then you will find your joy in the Lord.

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Hebrews 4:9

There remains, then, a Sabbath-rest for the people of God.