

שלום shalom

John 14:27

“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”



Olive Schreiner

“No good work is ever done while the heart is hot and anxious and fretted.”

Exodus 20:8

“Remember the sabbath day, to keep it holy.”

Hebrews 4:3

“For we who have believed enter that rest,”

Keeping the Sabbath is a vital part of the Christian work ethic

but do we know what that means?



Luke 15:11-32 - The Prodigal and his brother.

Luke 15

“²⁸ But he became angry, and was not willing to go in; and his father came out and began entreating him. ²⁹ But he answered and said to his father, ‘Look! **For so many years I have been serving you, and I have never neglected a command of yours; and yet you have never given me a kid, that I might be merry with my friends;** ³⁰ but when this son of yours came, who has devoured your wealth with harlots, you killed the fattened calf for him.’”

- entitled by success
- The brother’s problem was the way he viewed himself.

Luke 15:11-32 - The Prodigal Son and his brother.

Is this my problem?

Do I have a religious spirit that is entitled and judgmental -

score keeping, separatist, and superficial?



Signs of an idolatrous, religious spirit

- ✓ **Score keeping** - I keep score for everyone.
- ✓ **Justice** - I expect proper rewards and punishments.
- ✓ **Control** - I need to know what and why about everything.
- ✓ **Guilt / Blame** - Someone is responsible for bad things.
- ✓ **Legalism** - There are rules and they must be obeyed or else.
- ✓ **Anxiety & Anger** - When things don't go as I think they should, someone should pay.
- ✓ **Negativity** - The sky is falling.

The sense of significance, security, & serenity are inseparable from my personal moral conduct image.

Do we need more
older brothers in
the church?

Or do we need more
prodigals coming
home to serve?

Matthew 25:14-30 - Faithful and fearful slaves.

Matthew 25

“²⁴ And the one also who had received the one talent came up and said, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed. ²⁵ And **I was afraid, and went away and hid your talent in the ground**; see, you have what is yours.’ ²⁶ But his master answered and said to him, ‘You wicked, lazy slave, you knew that I reap where I did not sow, and gather where I scattered no seed. ²⁷ Then you ought to have put my money in the bank, and on my arrival I would have received my money back with interest.’”

- paralyzed by fear
- The lazy slave's problem was the way he viewed his Master.

Matthew 25:14-30 - Faithful and fearful slaves.

Is this my problem?

**Do I have a fearful spirit
that keeps me on the sidelines -**

**feeling
unsafe,
unaccepted,
and unsure?**

Signs of an idolatrous spirit of fear

- ✓ **Conserve** - I minimize all risks.
- ✓ **Withdrawal** - I am very cautious in my social contacts.
- ✓ **Control** - I create & live in a “false world” that I can manage.
- ✓ **Paranoia** - I see the world as very threatening.
- ✓ **Distrust** - I have few people that I can trust.
- ✓ **Demonic hypersensitivity** - Demons are everywhere.
- ✓ **Pessimistic** - If things can go wrong they will.

Any sense of significance, security, & serenity is illusive.

Do we need more
fear of God in the
church?

Or do we need
more faith in the
grace of God?

Luke 10:38-42 - Mary and Martha.

Luke 10

“³⁸ Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. ³⁹ And she had a sister called Mary, who moreover was listening to the Lord’s word, seated at His feet. ⁴⁰ But Martha was **distracted** with all her preparations; and she came up to Him, and said, ‘Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me.’ ⁴¹ But the Lord answered and said to her, ‘Martha, Martha, **you are worried and bothered about so many things;** ⁴² **but only a few things are necessary, really only one,** for Mary has chosen the good part, which shall not be taken away from her.’”

- **distracted by the good**
- **Her problem was my she viewed her work.**

Luke 10:38-42 - Mary and Martha.

Is this my problem?

**Do I have a busy spirit
that is preoccupied with work -
leading to
an attitude,
anxiety,
and anger?**

Martha’s problem is not:

- ✓ **The kitchen** - the place where she is working.
- ✓ **The need** - the usefulness of her activity.
- ✓ **The virtue of work** - the goodness of what she is doing.
- ✓ **The effort** - how much she puts into her job.
- ✓ **The competence** - the ability she has to do a good job.
- ✓ **The sacrifice** - what she gives up to be responsible.
- ✓ **The quality** - her effectiveness in getting the job done.

Martha’s problem is the fact that her distorted view of work has distracted her from things that are vital to a full, healthy, mature, life.

Signs of an idolatrous, workaholic spirit

- ✓ **Micromanaging** - trouble delegating and or trusting others to get the job done.
- ✓ **Reductionism** - making everything a job - “working at play”.
- ✓ **Obsession** - carrying the concerns of the job with you 24/7.
- ✓ **Guilt /shame** - feeling worthless when not busy at work.
- ✓ **Reputation** - others tell you to cut back on work but you don’t listen.
- ✓ **Anxiety & Anger** - when prohibited from working.
- ✓ **Perfectionist** - critical of the incompetence in self & others.
- ✓ **Never enough** - there is always more that must get done.
- ✓ **Excuses** - justifying work as a form of responsibility.

The sense of significance, security, & serenity are inseparable from work.

How can I develop a healthy perspective?

- ✓ **Audit** - I can’t change what I don’t acknowledge.
 - **Time myself** - how much time do I give to work?
 - **Fear & Anger** - let my fear & anger lead me to my idols?
 - **Feedback** - ask friends to comment on my attitude toward work?
- ✓ **Adjustment** - Make plans to change behaviors as a part of changing attitudes and then act on them.
- ✓ **Accountability** - Get outside help.

Do we need more
Marthas in the
church?

Or do we need
more Marys in the
kitchen?

What do these stories share in common?

Luke 15:11-32 - The Prodigal and his brother.

"I have never neglected a command of yours; and yet you have never given me"

Matthew 25:14-30 - Faithful and fearful slaves.

"I was afraid,"

Luke 10:38-42 - Mary and Martha.

"Martha, Martha, you are worried and bothered about so many things;"



Anxiety

What do these stories share in common?

Luke 15:11-32 - The Prodigal and his brother.

- My view of myself

Matthew 25:14-30 - Faithful and fearful slaves.

- My view of my master

Luke 10:38-42 - Mary and Martha.

- My view of my work



Anxiety is tied to Perception

Our perception of
ourselves, our God,
and our work

will determine our
peace or anxiety in
our labor.

The issue is not ~
do you work on
the Sabbath

but rather, do you
bring the Sabbath
spirit to your work.