



Jesus Interrupts Our Work-Life Balance

Jesus is revealing life's winning rhythm.

Mark 2:23-27(Msg): "One Sabbath day Jesus was walking through a field of ripe grain. As his disciples made a path, they pulled off heads of grain. The Pharisees told on them to Jesus: 'Look, your disciples are breaking Sabbath rules!' Jesus said, 'Really? Haven't you ever read what David did when he was hungry, along with those who were with him? How he entered the sanctuary and ate fresh bread off the altar, with the Chief Priest Abiathar right there watching—holy bread that no one but priests were allowed to eat—and handed it out to his companions?' Then Jesus said, 'The Sabbath was made to serve us; we weren't made to serve the Sabbath.'"

Confusing verses are an invitation. Walk away and you miss the treasure. Ignore them and you miss the power. Dig in — and watch the Bible come alive.

If you see rest as just 'not working,' you'll treat it like a powerless pause button.
Nothing changes, nothing recharges — you just stop for a bit and then jump back into the same cycle.

But if you see rest as something God *created*, you'll treat it like a power source.
The Sabbath isn't just a stop sign — it's an encounter with the very thing that makes life whole.

How the Bible Works

First - Last(Matthew 19:30)

Weak - Strong(2 Corinthians 12:9, 10)

Humbled - Exalted(Luke 14:11)

Gain - Lose(Matthew 16:25, 26)

How You Work

How the Universe Works

Sabbath is a Gift, NOT a Cage

Proverbs 14:12(NIV): "There is a way that appears to be right, but in the end it leads to death."

Isaiah 55:8,9(NIV): "'For my thoughts are not your thoughts, neither are your ways my ways,' declares the Lord. 'As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.'"

Don't settle for a powerless pause button.

Choose God's power source.

1. Stop the noise

"Be still, and know that I am God." Psalm 46:10(NIV)

2. Step outside

Psalm 19:1(NIV): "The heavens declare the glory of God."

Where in my life do I need to stop blending work and rest... and fully commit to one or the other?

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.