

# Rest

## **Conviction:**

It is our shared conviction, under the Word of God, that we ought to incorporate rest into the rhythm of our life. This is not intended to earn right-standing before the Lord for only the Cross can accomplish that. Rather, it is a form of worship. It is responding rightly to who God is and what He has done.

## **Challenge:**

In response to this, each member of our discipleship community is challenged to ***pick a day of the week to rest unto the Lord.***

Here are some *suggestions*:

## **Do**

- Get alone with the Lord in prayer
- Read the Bible (not to accomplish homework or a reading plan, but to “know and be known”)
- Sleep
- Engage in corporate worship
- If you work all day with your mind, try doing something physical. If you work all day doing physical labor, try doing something with your mind.
- Do the things you love - Play an instrument, write, sing, dance, go for a hike, chop wood, paint, bake, ect. - Let your enjoyment of that activity roll up to thankfulness before the Lord.
- Play with your children (if applicable).
- Go on a date (if applicable).
- Love people (always applicable).
- Trust the Lord.

## **Don't**

- Work your full-time job.
- Do homework.
- Do your to-do list.
- Achieve or push forward major goals or objectives.
- Rest from compassion or love for others.
- Worry about your to-do list or dwell on what needs to be done.

Biblical Texts on Rest and Sabbath:

\*Straight-forward repetition of the commandment to sabbath, as found in the 10 commandments.

### **Rest - From the Law**

#### **Genesis 2:1-3**

Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

**Exodus 16:13-30** (Israel not collecting Mana on the Sabbath, prior to the 10 commandments)

#### **\*Exodus 20:8-11 (& Deuteronomy 5:14)**

<sup>8</sup> "Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

#### **\*Exodus 31:12-17** (emphasis on v.13)

<sup>12</sup> And the LORD said to Moses, <sup>13</sup> "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you. <sup>14</sup> You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. <sup>15</sup> Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the LORD. Whoever does any work on the Sabbath day shall be put to death. <sup>16</sup> Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. <sup>17</sup> It is a sign forever between me and the people of Israel that in six days the LORD made heaven and earth, and on the seventh day he rested and was refreshed.'"

#### **\*Exodus 34:21**

<sup>21</sup> Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest.

### **\*Exodus 35:1-2**

<sup>1</sup> Moses assembled all the congregation of the people of Israel and said to them, "These are the things that the LORD has commanded you to do. <sup>2</sup> Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to the LORD. Whoever does any work on it shall be put to death.

### **Exodus 23:10-12 (& Leviticus 25:1-8)**

<sup>10</sup> "For six years you shall sow your land and gather in its yield, <sup>11</sup> but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard.

<sup>12</sup> "Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.

**Leviticus 16:29-30 & 23:26-32** (Day of Atonement is a day of solemn rest)

### **\*Leviticus 23:3**

<sup>3</sup> "Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the LORD in all your dwelling places.

**Leviticus 23:39** (Feast of Booths bookended by rest)

## **Rest – From the New Testament**

### **Matthew 11:28-29**

<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

### **Luke 10:38-42**

<sup>38</sup> Now as they went on their way, Jesus<sup>[d]</sup> entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, <sup>42</sup>

but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

### **Mark 2:23-28**

<sup>23</sup> One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. <sup>24</sup> And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” <sup>25</sup> And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: <sup>26</sup> how he entered the house of God, in the time of<sup>[d]</sup> Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” <sup>27</sup> And he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is lord even of the Sabbath.”

### **Mark 6:30-32**

<sup>30</sup> The apostles returned to Jesus and told him all that they had done and taught. <sup>31</sup> And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. <sup>32</sup> And they went away in the boat to a desolate place by themselves.

**Hebrews 3:7-4:13** (Entering into the promised rest of God. Resting from our work of earning right-standing before Him)

### **Jesus gets away to pray often.**

**Mark 1:35 & Luke 4:42** – resting from work

**Matthew 14:13 & 23** – resting most likely in mourning

**Luke 5:16** – Jesus’ habit of slipping away from the crowds to pray in solitary