

**Is Anyone Tired?**

*This sermon is a Trinitarian approach to rest. As an initial exploration of this concept, I imagine it can be successfully tweaked, improved upon, added to, or massaged into something better. Let me know your thoughts!*

**Rest is the Father’s Design**The fourth commandment

*First, rest is a commandment in the heart of the most important part of the Law. This is a big deal.*

*Second, it requires more explanation than, say, “Do not murder,” because it is less natural to us. Our consciences won’t feel the same guilt as we disobey this, and yet it remains equally important.*

*Third, the explanation given is the pattern of creation itself. Six days of creation, one of rest.*

*Fourth, the commandment includes your responsibility to give others’ rest, too.*

*Fifth, it is the only commandment that is positive. The others are given in the negative.*

The Creation Week, and Nature

Everything in nature needs rest. Fields need to lie fallow to regain nutrients. Muscles need to relax. People will sleep or else they will go crazy. Winter helps trees reset, apart from which they won’t bloom fully in the Spring.

A gift and a delight

Mark 2:27     “And he said to them, “The Sabbath was made for man, not man for the Sabbath.”

Exodus 31:17     “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.”

**Rest is the Son’s Gift**Why is it hard to stop?

*A farmer’s story*

The secular view of work

*The secular view of work is that it is the path to self-fulfillment. Work becomes identity, whether it is your job, your role in the family, or anything else.*

*You must keep working in order to be who you are supposed to be.*

Hebrews 4:8-14

1. The Promised Land was described as “rest.”
2. Once in the land, many years later, David says, “Don’t harden your hearts [so that you may enter his rest.]” Therefore, rest wasn’t the land, it was a spiritual reality received by a soft [believing] heart.
3. This means that there is a future rest for God’s people, which is what Jesus came to give us.
4. So “let us hold fast our confession” – vs 14. unlike the Israelites who turned away and didn’t enter.

*To put it simply, believing in Jesus is how you enter the rest. This is completed already. You are in it.*

Resting from your works – what does that mean?

“Whoever has entered the rest will experience the completion of his work, as did God after the creation, and will enjoy the rest that is necessary for the festivity and praise of a Sabbath celebration.” – Bill Lane

*Those things that drive you to zero*

*Sabbath rest is a trust in the finished work of Christ. Your position in him means:*

- 1.) You are saved.
- 2.) You are provided for.
- 3.) Your identity is secured.
- 4.) Your future is certain.

**Rest is the Spirit’s Ministry**

*Leads us peacefully*

*Like livestock that go down into the valley, the Spirit of the Lord gave them rest. (Isa. 63:14)*

*Gives us joy, hope, and peace*

*May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Rom. 15:13)*

*Assures us, removes fear  
gives hope of eternity*

*For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup> and if children, then heirs. (Rom. 8:15-17)*

**Questions for Personal Study**

1. Do you try to practice Sabbath in any way at all? Do you get 24 hours of rest, consecutively, each week?
2. How did Jesus earn “ultimate spiritual rest” for you?
3. How is that future rest a present reality? Do you experience that, why or why not?
4. Are you holding fast your confession to Christ? Is this ever difficult?