

The Principle of Rest

1. In the beginning, God rested.

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.

Genesis 2:2-3

1. God gives rest.

Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. 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 31:16-17

And he said, "My presence will go with you, and I will give you rest." Exodus 33:14

His people increasingly disregarded it and "rest" became a burden

Moreover, I swore to them in the wilderness that I would scatter them among the nations and disperse them through the countries, because they had not obeyed my rules, but had rejected my statutes and profaned my Sabbaths, and their eyes were set on their fathers' idols. Ezekiel 20:23-24

1. Jesus gives rest.

Come to me, all you who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light. Matthew 11:28-30

1. Sabbath keeping is no longer mandated because true Sabbath rest is resting in what Jesus has done for us and the rest that he gives.

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ. Colossians 2:16-17

1. Therefore we may enjoy sabbath rest every day.

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Hebrews 4:9-10

We cease from self-justifying works. Because Jesus finished the work on the cross, we rest in this work.

1. Stop & Rest.

Enjoy rest, by stopping and trusting in God's work through Christ in you.

Stop living in such a way as if your worth depends upon your work.

1. We're asking Chad and Angel to take some time to stop and rest.

A sabbatical is a prolonged time away from the regular demands of work, to rest, reflect and refocus, so that leaders are refreshed and are able to continue with a renewed, long-view of their work.

- Rest.
 - Take time away from deadlines, expectations, and schedules in order to effectively stop.

- Reflect.
 - Break routine and change pace to create space to reflect on ebenezers and remember.

- Refocus.
 - Look forward with hope-filled perspective of rest.

We live in a culture that values comfort, but not true rest.

How are you resting?