

# “Rest”

Pastor Cameron Brice | Sunday, May 19, 2019

Over the last few days as I've prayed, Holy Spirit began to place the word “rest” on my heart. As I began praying and meditating about what that meant I believe the Father told me that He wants to shift our paradigm on what rest really is.

- **Genesis 2:2 - “And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.”**

- I was reading this scripture and I began to ask myself the question: “if God is all powerful, why did He rest from His work?”
- God didn't sweat or push in creating the universe. It was easy.,
- If God wasn't tired, then what does it really mean when it says God “rested” from His work? Could it be that God's version of rest is different than ours?

- ***One commentary stated, “The Hebrew word shabbat does not always signify a stopping to rest, or a ceasing from work, but also, and seemingly so in this context, the receiving of rest from the completed work. Much like a painter satisfied by the sight of his finished master piece, or the warmth a mother feels after her hard hours of labor, God received a restful and gratifying pleasure from the work of His hands. The crescendo of creation resounded with God surveying all He had done, and exclaiming It. Is. Good.”***

- In other words this commentator is suggesting that God did not rest from His work as a chance to catch His breath. Rather He received rest from His work. **His work invigorated Him.**
- Another definition I found for the word shabbat is, “to throw a lively party.” God viewed work as a means for celebration and a way to receive gratification.
- This is pretty different from how we perceive work.
  - We, as humans, are often living for the weekend. We count the minutes to lunch, to quitting time, or to the weekend. Then on Sunday or Monday we dread waking up. (This has actually become a part of our culture.)
    - A very common practice is to blame our atmosphere for this type of mentality. “It's the florescent lights. It's the color of the paint. It's the hours. It's my oversight. It's my commute. It's my pay. It's my coworker's perfume.”
    - However, God's work atmosphere was pretty bad. The Bible says that there was absolute chaos going on!
  - The question to ask ourselves then is: how can we be imitators of God in this aspect?

- **How do we work like God?**

## **Genesis 1:1 - “In the beginning, God...”**

- **The work of creation began with God's being.**
- **Before God ever opened His mouth to do, He was.**

- He was powerful. He was good. He was love. He was patient. He was compassionate. He was healer. He was Savior. He was creator.
- God's being and identity was settled before He did a single thing.
- **This is the first thing we have to consider in learning to receive rest from our work.**

## 1. Our identity must be settled.

- **Numbers 13:27-33** - "Then they told him, and said: "We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit. Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover we saw the descendants of Anak there. The Amalekites dwell in the land of the South; the Hittites, the Jebusites, and the Amorites dwell in the mountains; and the Canaanites dwell by the sea and along the banks of the Jordan." Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it." But the men who had gone up with him said, "We are not able to go up against the people, for they are stronger than we." And they gave the children of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature. There we saw the giants ( the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.'""
- **Hebrews 3-4** tells us that because these guys didn't believe the things God said about them they did not enter into His rest.
- **They didn't receive rest because they didn't have the right opinion about themselves.**
  - I'm not as gifted as that person is to preach.
  - My voice isn't as beautiful as their voice is.
  - They are smarter than me.
  - Pastor just favors them more than me.
  - They are naturally more charismatic than me.
  - I'm just not gifted to be administrative.
  - I just don't get along with other people.
  - I just don't have the energy that they have.
  - No one really wants to hear what I have to say.
  - My workload is just too much to handle.
  - My family expects more of me than I can give.
  - I can never do enough to make my spouse happy.
- We remain unfulfilled, because we start from a place of failure.
- **We can't forget that overcoming small, day to day tasks are as supernatural as raising the dead.**
- **The fruit of the spirit is just as important as the gifts of the spirit.**

- We are so focused on our flaws that, even though we might be able to acknowledge the greatness of what God has for us, we fail to see the greatness he has placed inside of US.
- We have to do our part in settling who we are in our thinking to receive rest from our work.
- We have to approach doing knowing that God has made us capable!
- **Confidence in God is not indicative of pride!**
- God's identity was not settled as He began to work. God's doing reveals who He is, but it does not define Him. (He isn't holy because He did something holy. He is holy, and out of that holiness He acts.)
  - **This is the second thing we have to learn in order to receive rest from our work.**

## 2. Our doing does not define us.

- **Matthew 3:16-4:3 - "When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice came from heaven, saying, "This is My beloved Son, in whom I am well pleased." "Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread.""**
  - **The tempter comes to Jesus and the first thing he tempted Jesus to do was to prove His identity by doing.**
  - If we are doing in order to receive affirmation of our identity we grow tired.
  - We wonder things like:
    - **Am I a bad father if I can't provide for my family?**
    - **Am I a good wife if I can't always manage to clean the house, take care of the kids and cook dinner on time.**
    - **I worked harder than everyone else, why doesn't my oversight acknowledge that?**
    - **Am I really a good Christian if I'm not involved in everything at the church?**
    - **Am I a good student if no matter how hard I work I don't get the grades I desire?**
    - **Will I still be a good friend if I say no.**
    - **Am I actually intelligent if I can't learn the new things my boss is expecting me to learn.**
    - **How can I call myself a real man if I keep letting everyone else down?**
  - **Thinking like this is exhausting, and it typically leads us into even more doing. We think the more I achieve, the better I'll feel about myself.**
  - **The bottom line is that we will never do everything perfectly. If our identity is always tied up in our doing then we constantly risk falling into the trap of thinking we are a mistake.**
  - If we are going to overcome this type of thinking we have to be satisfied first and foremost by our being.

- This means we have to take an honest look at our doing and ask these types of questions:
  - **Does this give me rest, or am I doing this for affirmation?**
  - **Am I trying to prove something?**
  - **Does this define me?**
  - **What would happen inside me if this was taken from me?**
- **Spider-Man Example:** “I am nothing without the suit!” “Then you shouldn’t be wearing it in the first place.”
- **If our work defines us then it is better to not even do it.** We need to return to being. We need to return to realizing what God says about us. That has to be our source of identity.
- Jesus didn’t feel the need to prove who He was.
  - I believe what Jesus was really saying when He said, “man shall not live by bread alone, but by every word that proceeds from the mouth of God” was: My Father told me I’m his beloved son. I don’t have to prove it. I will eventually do all kinds of things that will reveal it, but I am who I am because of what my says Father about me.
  - **Every word the Father speaks over me is good enough!**

- **The last key to receiving rest from our work is that God knows that:**

### **3. Rest isn't always inactivity.**

- If God received rest from His work, then work isn't the problem when it comes to the question of rest.
- **Matthew 11:28-30 - "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."**
- Jesus didn't say, "Take my time share upon you, and learn. My beaches are peaceful and my mountain cabin is responsibility free."
- A yoke is an instrument for working. His yoke is easy and His burden is light, but that still means that there is a yoke and burden.
- A lot of times we are tired because we don't cooperate with His yoke.
- We shouldn't listen to a message like this and decide we are going to stop trying in life. We have to come to the realization that founding ourselves in God's identity is work. However, it is the most refreshing thing we could ever do!
- When our identity is settled, we become incredibly productive and rest giving people. Why? Because what we do flows from who we are.

## **Where do I start?**

- Grab something to write with, and ask the Father these questions:
  - **Is there anything I am approaching in life with the wrong identity?**
  - **God, how do you see me?**
- Now let's pray ...
  - Father, I declare what You have spoken over me. Forgive me for not realizing and walking in the identity You've given me. I declare I am your beloved child in whom You are well pleased. I break the lie that I am not good enough. I break the lie that I am not capable. I stand in the identity You have given me! I will approach every situation declaring I am well able. I will receive my identity from You. I will not work to be accepted or to receive affirmation. I will live by every word that comes from Your mouth.