



Work and Rest

In a world that celebrates hustle and leaves many exhausted, God offers a better way. In this three-part series, Work & Rest, we'll discover God's design for meaningful work, healthy rest, and a life centered on Christ. From creation to the teachings of Jesus and the apostles, Scripture reveals that work is a gift, rest is an act of trust, and both are essential to our spiritual well-being. Join us as we learn how to honor God in our labor, avoid burnout, and find true rest for our souls.

Rest That Restores

Work & Rest, Part 3

Introduction

The religious leaders of Jesus' day were focused on the **letter of the Law** while often missing its **purpose**.

In John 5, Jesus heals a man who had been disabled for thirty-eight years. Rather than rejoicing in a miracle, the religious leaders objected because it happened on the Sabbath. **John 5:1-10**

This raises an important question:

What was the Sabbath really for?

I. Jesus Reveals the Purpose of Sabbath

Key Truth:

The true purpose of the Sabbath is not restriction but restoration; Jesus uses the Sabbath to reveal God's desire to make broken people whole.

Examples of Restoration on the Sabbath

- John 5 — The lame man at Bethesda is healed.
- John 9 — The man born blind receives sight.
- Luke 6 — The man with the withered hand is restored.
- Luke 13 — The crippled woman is set free from bondage.

Jesus consistently demonstrated that the Sabbath was designed to bless people, not burden them.

Application

Stop viewing rest as simply taking a break from activity and begin seeing it as an invitation for Christ to restore what sin, suffering, and life have broken.

In Christ we find:

- Healing for weary souls
 - Freedom from spiritual bondage
 - Restoration of what has been damaged by the Fall
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II. Jesus Demonstrates the Necessity of Rest

A. Jesus Invited His Disciples to Rest

"Let's go off by ourselves to a quiet place and rest awhile." — Mark 6:31

If the disciples needed rest, so do we.

B. Physical Rest Is Part of God's Design

We are:

- Finite
- Limited
- Dependent on God

Ignoring our limits often leads to:

- Exhaustion
- Burnout
- Isolation
- Discouragement

C. Jesus Offers Spiritual Rest

Many people are tired from:

- Carrying guilt
- Trying to prove themselves
- Performance-based living

Jesus invites us:

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." — Matthew 11:28

Key Truth:

Some weariness requires surrender.

Application

Not every problem can be solved by sleeping more.

Rest is not merely stopping work—it is coming to Christ.

III. Avoid the Trap of Idle Living

A. God Condemns Laziness, Not Weakness

Paul distinguishes between those who **cannot work** and those who are **unwilling to work**.

B. Idleness Creates Problems

Paul connects idleness with:

- Disorder
- Dependency
- Gossip
- Meddling

An undisciplined life often creates spiritual problems.

C. Christians Are Called to Productive Living

The believer's life should be marked by:

- Responsibility
- Service
- Faithfulness

Key Truth:

Laziness wastes opportunities that God intended for service.

Application

God calls us neither to workaholism nor laziness.

He calls us to faithful stewardship.

Conclusion: The Gospel Gives Us a New Way to Work and Rest

The World Says:

- Work for success.
- Work for money.
- Work for status.
- Never stop.
- Keep grinding.
- Your value is your productivity.

Big Idea

True rest is found in Jesus Christ. He restores what is broken, strengthens us for faithful service, and frees us from both burnout and idleness.

Jesus Says:

- Work for God's glory.
- Work with integrity.
- Work to bless others.
- Come to Me for rest.

Scriptures Used

- John 5:1-10
- Mark 2:27-28
- John 9:3, 25-27
- Luke 6:9
- Luke 13:16-17
- Mark 6:30-31
- Matthew 11:28-30
- 2 Thessalonians 3:6-15