



Become Like Jesus: Rest

Genesis 1:31-2:3, Exodus 20:8-11, Luke 6:1-11, Hebrews 4:9-11

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WHY DO WE NEED REST?

- We must rest from the _____ underneath the work.
- We have a deep need for _____ rest, without which _____ rest cannot help. (Luke 6:3-5)

JESUS, LORD OF REST

- If you want rest, you must go to _____.
- If you think you've gone to him but don't have any rest, you've either not _____ what you have in him, or you've not yet begun to _____ Jesus. (Genesis 1:31-2:2)
- To rest is to be utterly _____ with what's been done. (Hebrews 4:9-11, Matthew 11:28-29, Isaiah 57:20, 2 Corinthians 5:21)

THE WAY OF JESUS

- The way of Jesus contrasted against the way of the world is a spirit of _____ as opposed to a spirit of _____.
- This also includes a calendared commitment to _____ of restfulness.

SABBATH REST

1. _____
2. _____
3. _____
4. _____

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Genesis 1:31-2:3

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. **2** Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Exodus 20:8-11

⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Luke 6:1-11

One Sabbath Jesus was going through the grainfields, and his disciples began to pick some heads of grain, rub them in their hands and eat the kernels. ² Some of the Pharisees asked, “Why are you doing what is unlawful on the Sabbath?”

³ Jesus answered them, “Have you never read what David did when he and his companions were hungry? ⁴ He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions.” ⁵ Then Jesus said to them, “The Son of Man is Lord of the Sabbath.”

⁶ On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled. ⁷ The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath. ⁸ But Jesus knew what they were thinking and said to the man with the shriveled hand, “Get up and stand in front of everyone.” So he got up and stood there.

⁹ Then Jesus said to them, “I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?”

¹⁰ He looked around at them all, and then said to the man, “Stretch out your hand.” He did so, and his hand was completely restored. ¹¹ But the Pharisees and the teachers of the law were furious and began to discuss with one another what they might do to Jesus.

Recommended Baseline Practice: *Commit to a daily quiet time and a weekly sabbath. If you're new to this practice, I recommend you start with a few hours on your day off to just relax and connect with God.*

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