

Rest and Revelation: Redefining a little "R & R"

Standard meanings:

- Rest and Recuperation
- Rest and Relaxation
- Rest and Recreation
- Rock & Roll ?

What does Jesus say about rest in The Bible?

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.""

Matthew 11:28-30 NLT

Powerful things happen when we simply STOP.

"This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it."

Isaiah 30:15 NLT

It's interesting to think upon the reality that one of the often-repeated terms given to heaven or eternity throughout Scripture is that we will "enter into God's REST."

"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. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience."

Hebrews 4:9-11 ESV

Think of a time Jesus chose to sleep:

"And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?""

Mark 4:36-38 ESV

Am I trusting in myself more than God? Am I depending on myself more than God? Am I believing I will come through more than God will?

"Revelation"- something or someone revealed or disclosed, especially a striking disclosure, as of something not before realized.

You see it's not just rest that we need today church, it's REVELATION.

"The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. The commandments of the Lord are right, bringing joy to the heart. The commands of the Lord are clear, giving insight for living. Reverence for the Lord is pure, lasting forever. The laws of the Lord are true; each one is fair. They are more desirable than gold, even the finest gold. They are sweeter than honey, even honey dripping from the comb."

Psalms 19:7-10 NLT

Are you listening for the sound of His voice? In the middle of the storm, the chaos, the noise- can you hear His still small voice, His gentle whisper?

"Go out and stand before me on the mountain," the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a

gentle whisper.”
1 Kings 19:11-12 NLT

No wonder so many of us seem so aimless in this generation- we are so busy and have surrounded ourselves with even more forms of noise and distraction than we know what to do with.

“Your marvelous words are living miracles; no wonder I long to obey everything you say. Break open your word within me until revelation-light shines out! Those with open hearts are given insight into your plans. I open my mouth and inhale the word of God because I crave the revelation of your commands. Turn your heart to me, Lord, and show me your grace like you do to every one of your godly lovers. Prepare before me a path filled with your promises, and don't allow even one sin to have dominion over me.”
Psalms 119:129-133 TPT