

## I. Sabbath Rest – Why?

*Exodus 20: 8 “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.”*

Matthew 11:28-30

**28** “Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light.”

- A. God reminds Israel that He is her creator.
- B. Man is created in the image of God. **Genesis 1:26**  
*Then God said, “Let us make man<sup>h</sup> in our image, after our likeness.*
- C. The story of God’s creative act concludes with rest. **Genesis 2:1-3**  
*“Thus the heavens and the earth were finished, and all the host of them. 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.”*

## II. Sabbath Rest – What?

- A. God is a good God and he ordained regular rhythms of rest for those who worship him.
- B. Our patterns of work and rest reveal what we believe to be true about God and ourselves.

### III. Sabbath Rest – When?

- A. True Sabbath rest is not idleness (resting without labor first) or getting enough sleep.
- B. To Sabbath is to cease activity for the purpose of remembering God's provision. (worship)
- C. Self-care is important, but it is not synonymous with Sabbath.

### IV. Sabbath Rest - How?

- A. Sabbath rest is marked by self-denial. We deny ourselves material gain or the sense of accomplishment that labor brings.
- B. Sabbath presses on the mindset that we are keeping the world spinning because we are at work.
- C. Sabbath reorients us with God, his plan for our lives and his purpose for our ministry.

### V. Kingdom Rest

- A. Kingdom rest is only possible when you are secure in your relationship with God and have learned to operate from a place of peace.

**Hebrews 4:9-10** <sup>9</sup>So there is a full complete rest *still waiting* for the people of God. <sup>10</sup>Christ has already entered there. He is resting from his work, just as God did after the creation. (TLB)

- B. It's ok to kick back and take a breather!  
**1 Thessalonians 1:7** <sup>7</sup>and to give you who are troubled rest with us when the Lord Jesus is revealed from heaven with His mighty angels

