



Biblical Rest and Self Care

Sabbath, Rest, and Trust.





twenty | one | pilots



'CAUSE SOMEBODY STOLE MY CAR RADIO
& NOW I JUST SIT IN
SILENCE

I hate this car that I'm driving
There's no hiding for me
I'm forced to deal with what I feel
There is no distraction to mask what is real

-

'Cause this time there's no sound to hide behind

-

I liked it better when my car had sound

GENESIS

Thus the heavens and the earth were completed, and all their hosts. By the seventh day God COMPLETED His work which He had done, and He RESTED on the seventh day from all His work which He had done. Then God BLESSED the seventh day and BLESSED it, because in it He RESTED from all His work which God had created and made.

NASB Gen 2:1–3

Ten Commandments

Observe the sabbath day to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a **SABBATH** of the Lord your God; in it you shall not do any work, you or your son or your daughter or your male servant or your female servant or your ox or your donkey or any of your cattle or your sojourner who stays with you, so that your male servant and your female servant may rest as well as you.

You shall **REMEMBER** that you were a slave in the land of Egypt, and the Lord your God brought you out of there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to observe the sabbath day.

JESUS

And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of grain. The Pharisees were saying to Him, “Look, why are they doing what is not LAWFUL on the Sabbath?” And He said to them, “Have you never read what David did when he was in need and he and his companions became hungry; how he entered the house of God in the time of Abiathar the high priest, and ate the CONSECRATED BREAD, which is not lawful for anyone to eat except the priests, and he also gave it to those who were with him?” Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath. “So the Son of Man is Lord even of the Sabbath.””

And Jesus answered and spoke to the lawyers and Pharisees, saying, “Is it lawful to HEAL on the Sabbath, or not?” But they kept silent. And He took hold of him and HEALED him, and sent him away.

And He said to them, “Which one of you will have a son or an ox fall into a well, and will not immediately PULL him out on a Sabbath day?” And they could make no reply to this.

“For the Son of Man is Lord of the Sabbath.” Departing from there, He went into their synagogue. And a man was there whose hand was withered. And they questioned Jesus, asking, “Is it lawful to HEAL on the Sabbath?”—so that they might accuse Him. And He said to them, “What man is there among you who has a sheep, and if it falls into a pit on the Sabbath, will he not take hold of it and lift it out? “How much more valuable then is a man than a sheep! So then, it is lawful to do good on the Sabbath.” Then He *said to the man, “Stretch out your hand!” He stretched it out, and it was restored to normal, like the other. But the Pharisees went out and conspired against Him, as to how they might destroy Him. But Jesus, aware of this, withdrew from there. Many followed Him, and He healed them all, and warned them not to tell who He was.

Hebrews

But the men who had gone up with him said, “We are not able to go up against the people, for they are too strong for us.” So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of great size. “There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight.”

Then all the congregation lifted up their voices and cried, and the people wept that night. All the sons of Israel grumbled against Moses and Aaron; and the whole congregation said to them, “Would that we had died in the land of Egypt! Or would that we had died in this wilderness! “Why is the Lord bringing us into this land, to fall by the sword? Our wives and our little ones will become plunder; **would it not be better for us to return to Egypt?**” So they said to one another, “Let us appoint a leader and return to Egypt.”

NASB Nun 13:31–14:4

So there remains a SABBATH rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that REST, so that no one will fall, through following the same example of disobedience. Therefore let us be diligent to enter that REST, so that no one will fall, through following the same example of disobedience.

NASB Heb 4:9-11

Self Care

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not MERELY look out for your own personal interests, but ALSO for the interests of others.

NASB Php 2:3-4

“Come to Me, all who are weary and heavy-laden, and I will give you REST. 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. For My yoke is easy and My burden is light.”

NASB Mt 11:28–30

Application

What blessings can we remember?

How can we remember how God has provided for us in the past?

Can we trust God to continue to provide for our needs

(or will we in our self efforts continue to be self-made)?



STOP

TRUST

REST

