

SERIES: EVEN IF—Living for God, no matter what

REST EVEN IF

September 6th, 2026

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**Biblical rest is not about resting FROM life,
but resting IN Jesus**

Exodus 20:8-10 (NLT)

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work...”

REST, EVEN IF I'M TOO BUSY

Mark 6:30-31 (NLT)

The apostles returned to Jesus from their ministry tour and told Him all they had done and taught. Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and His apostles didn’t even have time to eat.

Mark 6:46 (NLT)

After telling everyone good-bye, he went up into the hills by himself to pray.

If Jesus had time to rest, we do too.

REST, EVEN IF I DON'T THINK I CAN

Exodus 16:26-29 (NLT)

“You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.” Some of the people went out anyway on the seventh day, but they found no food. The LORD asked Moses, “How long will these people refuse to obey my commands and instructions? They must realize that the Sabbath is the LORD’s gift to you. That is why He gives you a two-day supply on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day.”

The Israelites had to learn to trust that God would provide what they need when they need it. When it comes to rest we have to learn to do the same.

REST, EVEN IF I'M NOT TIRED

Mark 2:27 (NLT)

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

How do we rest?

1. Rest in God’s presence
2. Enjoy God’s creation
3. Enjoy fellowship
4. Enjoy what God provided

Psalms 127:2 (NLT)

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.

Rest is a gift from God given to the ones He loves so that they can be ready to do His will.

Matthew 11:28 (NLT)

Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...”

NEXT WEEK : BUILD, EVEN IF

*We’re so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.
Thank you for joining us!*