



1

Hebrews 4:9-10

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

2

Rest Definition

Rest is defined as the cessation of work. So in order to rest, you have to be first working.

In the NT, rest is defined as a place of faith that God is able to fulfill our calling on earth and to ensure we reach our heavenly home.

3

Work Definition

to exert oneself physically or mentally especially in sustained effort for a purpose

to perform work or fulfill duties regularly for wages or salary

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Rhythms of Rest

1. Rhythms of Rest help us to stay within our God-given boundaries
2. God adjusts our rhythms when we need to grow
3. Faith is at the center of God's rest

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Genesis 2:1-2

1 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.

7

Rhythms of Rest

"He wants us to know, right from the start and in the rhythms of our lives, that he doesn't need anything. He is the one who works, in perfect precision, neither too little nor too much, and we exist to bask in his glory, not barter for its increase. We exist to magnify his radiance, not supplement his worth."

- Jonathan Parnell

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Rhythms of Rest

Patterns of work and planned rest where we allow God to recreate our strength and vitality

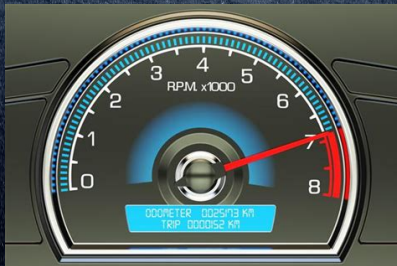
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Tacometer – Revolutions Per Minute



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Human Tacometer

1. Giddiness (Dissipation)
2. Headache (Overthinking)
3. Nausea of self-indulgence (Drunkenness)
4. Worldly worries and cares pertaining to [the business of] this life (Anxiety)

12

Examine your Patterns of Rest

1. Daily
2. Weekly
3. Monthly
4. Yearly

13

Luke 21:34 AMP

34 But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;

14

Fasting - Diagnostic and Adjustment Tool

Fasting helps us to identify and then adjust our rhythms to produce a place of faith and rest.

15

Matthew 11:28-30

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

16

Prayer for Rest

Lord, I come to you because I am weary and heavy laden and I need to learn how to rest. Please break off the yoke of the world and help me to take on your yoke. I thank you for being gentle with me as I find your rest for my sours. 30 I want to be yoked with you so that my burden will be easy and light. In Jesus name I pray, Amen.

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God's Rest

God's rest is defined as a place of faith where we are confident that God is able to fulfill our calling on earth and ensure we reach our heavenly home.

20

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

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