

## Rest or Die

### **Intro:**

Ps 46:8-11

In the midst of every calamity there is the call to rest - to be still - to trust in our God...my prayer is that we will

### **Problem:**

Ecc 3:1-5

A time to refrain from embracing -

Church what lesson are we to learn from all this?

Heb 10:19-25

Meeting together actually matters - a fact brought out in the last instructions from Sinai

### **Main Idea:**

Behold the rest that sets you apart

Behold the restriction that reveals your heart

Behold the refreshment that was promised from the start

### **Implication:**

Its not about a day

Its not about a restriction

Its about a refreshment promised since the foundation of the earth

### **Application:**

Rest In Him - not the news and reclaim the true value of regular in person church attendance- when this is all over lets fill this place every Sunday to the rafters

### **Articles for further study:**

<https://www.patheos.com/blogs/chorusinthechaos/martin-luther-and-the-black-plague/>

<https://www.gotquestions.org/Sabbath-day-rest.html>

<https://www.thegospelcoalition.org/article/jehoshaphat-and-coronavirus/>

## Rest or Die

Text:

### Behold the Rest that sets you apart

Ex. 31:12 ¶ And the LORD said to Moses,

Ex. 31:13 “You are to speak to the people of Israel and say, ‘**Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you.**

*lev 25:1-7 (it is not about a day)*

*Rom 14:5-7 (about devotion)*

*col 2:16-19 (about dependency)*

*heb 4:1-16 (its about relationship - Behold the rest that sets you apart)*

### Behold the restriction that reveals your heart

Ex. 31:14 You shall keep the Sabbath, because it is **holy for you**. Everyone who profanes it shall be **put to death**. Whoever does any work on it, that soul shall be **cut off** from among his people.

Ex. 31:15 Six days shall work be done, but the seventh day is a Sabbath of **solemn rest, holy to the LORD**. Whoever does any work on the Sabbath day shall be **put to death**.

*lev 26:27-34*

*-> 2 Chron 36:17-21 (rest seems hard - self sufficiency)*

*neh 10:28-31 (after captivity)*

*neh 13:15-22 (so enforced it but missed the point)*

*lk 6:1-11; 13:10-17; 14:1-6 (not an exercise in restriction...so what is it about?)*

*(Jn 18:28; 19:31 (kept sabbath as they murdered the Sabbath Himself)*

*lk 10:38-42 (Martha couldn't see the flaw in her priorities)*

*matt 6:25-34 (behold the restrictions that reveal your heart)*

*(rom 3:19-20 sabbath restrictions meant to reveal sin*

*(gal 3:23-24 (the Sabbath restrictions meant to lead them to Christ)*

*(gal 2:15-21 (not about restriction but devotion)*

### Behold the refreshment promised from the start

Ex. 31:16 Therefore **the people of Israel** shall keep the Sabbath, observing the Sabbath throughout their generations, as **a covenant forever**.

Ex. 31:17 It is **a sign forever between me and the people of Israel** that in six days the LORD made heaven and earth, and on the seventh day **he rested and was refreshed**.”

Ex. 31:18 ¶ And he gave to Moses, when he had finished speaking with him on Mount Sinai, the **two tablets** of the testimony, tablets of stone, written with the **finger of God**.

*2 Sam 16:5-14 (this is rest)*

*matt 11:28-30 (its not a day, its not a ritual - its a person - He is the answer to your anxiety- He is the real refreshment in this time of uncertainty*

*He is the rest promised since the creation of the World*

*“You have made us for yourself, O Lord, and our heart is restless until it rests in you.”*

*—Augustine*

*rest or die*

*rom 15:30-33 (ours is not a disembodied refreshment - it has a presence)*

*acts 20:7; (when Christians began worshipping on Sundays it did not make*

*Sunday the christian sabbath - the Christian Sabbath is Lord Jesus Christ Himself and*

*Sundays was a way to gather under this new distinction)*

*Its not about a day Its not about a restriction Its about a refreshment promised since the foundation of the earth - this is what it means to come together IN Christ!!!*

## Application Questions

MESSAGE RECEIVED  
(Do you understand what you learned?)

- What is the main point of this message? (Could you summarize it in your own words?)
- What is something new that you learned?
  - What was your knowledge in this area before you heard this message?
  - Any change you will make in your daily life based upon this new knowledge?
- What reference verse stands out to you and why?
- How did this message encourage you? Why do you think that is?
- Did the message pair with your weekly bible reading in any way?
- What is a struggle you had with this message? It's content or it's application?
- What are some truths that stand out to you in this message?
  - Any life testimonies that you can think of that are good examples of these truths?
- What character/attribute of God stands out to you the most in this message and why?
  - Any specific verse that puts this attribute on display?

MESSAGE APPLIED  
(What are you going to do with what you learned?)

### Culture

- What are the lies of the world/devil that we need to be aware of that are antithetical to this message?
- What do you think the cultural animosity is towards this message if we apply it rightly?

### Church

- How do you see this message impacting the church corporately? (locally/globally)
  - What prayers would be good to pray for the church body based on this message?

Individual

- Is there a sin in your life that this message convicted you of?
  - Why do you think this was a blind spot in your sanctification before this message?
- How did the message address any specific life circumstance you are going through right now?
  
- Select two questions from the below list and write down your answer to them:
  - How does this message change or impact your:
    - Prayer Life?
    - Evangelism?
    - Bible Reading?
    - Christian Relationships?
    - Non-Christian relationships?
    - Parenting?
    - Role as a Husband/Wife?
    - Workplace?
- **How have you been changed by this message? What is your one memorable takeaway. If I ask you “How did God sanctify you through the preaching of this message, how would you respond?”**