

Rest

Matthew 11:28-30

28 Come to Me, all you 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." NKJV

- How many of us feel stressed out?
- Ever feel like your spinning your wheels but not getting anywhere
- How many feel like the weight of the world is on your shoulders
- Life can take a toll on us but we should not live that way
- Jesus wants to teach us a better way

Genesis 2:1-3

1 Thus the heavens and the earth, and all the host of them, were finished. 2 And on the seventh day God ended His work which He had done, and **He rested** on the seventh day from all His work which He had done. 3 **Then God blessed the seventh day and sanctified it**, because in it **He rested** from all His work which God had created and made. NKJV

- The seventh day is blessed
- There is a blessing in Sabbath rest – Grace
- God didn't need rest He was setting the standard for us
- Resting from our works
- But also a slowing down to allow Him to renew us, collect our thoughts, refresh us with His presence

Mark 2:27-28

27 And He said to them, "The Sabbath was made for man, and not man for the Sabbath. 28 Therefore the Son of Man is also Lord of the Sabbath." NKJV

- God set the standard before man was created
- Rest (Grace) was something created for man
- Walking in the cool of the day – **Genesis 3:8**
- Enjoying the sweet presence of the Lord

Exodus 20:8-11

8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but the **seventh day is the Sabbath of the LORD your God**. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. NKJV

- Sabbath – Intermission
- Turn off the TV, Computer, Device
- Read a book
- Read your bible
- Take a nap
- Have dinner as a family
- Pray together
- Talk with the Lord

Why do you think the days are getting busier and busier?
To distract and draw us away from the source of life
When our desire is in Him our desires are met

2 Timothy 3:1-5 *Last Days*

1 But know this, that in the last days perilous times will come: 2 For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, 4 traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, 5 having a form of godliness but denying its power. And from such people turn away! NKJV

Luke 6:1-5

1 Now it happened on the second Sabbath after the first that He went through the grainfields. And His disciples plucked the heads of grain and ate them, rubbing them in their hands. 2 And some of the Pharisees said to them, "Why are you doing what is not lawful to do on the Sabbath?" 3 But Jesus answering them said, "Have you not even read this, what David did when he was hungry, he and those who were with him: 4 how he went into the house of God, took and ate the showbread, and also gave some to those with him, which is not lawful for any but the priests to eat?" 5 And He said to them, "The Son of Man is also Lord of the Sabbath." NKJV

It is not just a religious holiday

It does not have to be a specific day – way of living

It's not about the law – it's the opposite

It can be a day to relax, reflect, and rejuvenate

A day to focus on the source of life – the life giver

To rest – Practice the presence of Jesus – Daily

The Sabbath is for us

Genesis 2:16-17 *Death or Life?*

16 And the LORD God commanded the man, saying, "Of every tree of the garden you may freely eat; 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die ." NKJV

Stress & burnout statistics: Physical & psychological symptoms of anxiety stress

Three quarters of Americans experience symptoms related to stress in a given month:

- 77% experience physical symptoms
- 73% experience psychological symptoms
- One-third of Americans feel they are living with extreme stress.
- About half of Americans (48%) feel that their stress has increased over the past five years.
- Money and work are the leading causes of stress (mentioned by three quarters of Americans).

Physical symptoms of stress include

Fatigue (51%), Headache (44%), Upset stomach (34%)
Muscle tension (30%), Change in appetite (23%)
Teeth grinding (17%), Change in sex drive (15%)
Feeling dizzy (13%),

Psychological effects of stress include

Experiencing irritability or anger (50%)
Feeling nervous (45%), Lack of energy (45%)
Feeling as though you could cry (35%)
About half of Americans (48%) report lying awake at night due to stress.

Isaiah 40:28-31

28 Have you not known? Have you not heard?

The everlasting God, the LORD,

The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable.

29 He gives power to the weak, and to those who have no might He increases strength. 30 Even the youths shall faint

and be weary, and the young men shall utterly fall,

31 But those who wait on the LORD Shall renew their

strength; They shall mount up with wings like eagles,

They shall run and not be weary, They shall walk and not

faint. NKJV

- Wait on the Lord – Bind together, collect, expect
- Will renew their strength like the eagles
- We need to take time to be renewed
- Feeding on His Presence – Jesus did

Luke 4:42

42 Early the next morning Jesus went out into the wilderness. NLT

- We need to have a time of rest and renewal
- Saturate our souls with His presence

Isaiah 30:15

15 For thus says the Lord GOD, the Holy One of Israel:

"In returning and rest you shall be saved;

In quietness and confidence shall be your strength." NKJV

- It's time to return to the Lord – Grace
- Slow down and be rejuvenated by Him
- If we don't we will only repeat the same cycle we have repeated for years

Luke 10:38-42

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. 40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." 41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." NKJV

- Do we know what the good part is?
- What does that look like?
- Can we sit patiently at the Savior's feet and let Him resolve our fear, doubt, trouble and worry?
- Do you know how to enter His Rest?

Mark 4:35-40

35 On the same day, when evening had come, He said to them, "Let us cross over to the other side." 36 Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. 37 And a great windstorm arose, and the waves beat into the boat, so that it was already filling. 38 But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?" 39 Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. 40 But He said to them, "Why are you so fearful? How is it that you have no faith?" NKJV

Jesus had just preached twice
Confronted religious leaders
Selected the Disciples
His family accused Him of being crazy
Healed the sick and cast out demons
He was asleep in the midst of a storm

- Don't buy in to the lie that you don't have time
- God made the Sabbath for us
- The only way we can enter is through faith and obedience – Believe use faith to access His presence
- The Sabbath is Holy – Jesus

Hebrews 4:1-5

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. 3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world. 4 For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; 5 and again in this place: "They shall not enter My rest." NKJV

- We think that there is a rest for us that we enter when all trials stop. That doesn't exist. There is a great rest that we can enter in the midst of trials.
- This is where we grow spiritually – Freedom!
- We need to rest from our works – Our flesh!

Our confidence (in self), our doubt, our fear
We think that if we see a miracle or experience the
supernatural, which we should, that it will give us the
rest we desire – His Rest produces the supernatural
There is a rest that awaits us where all doubt is removed
and faith settles in
Make Him your greatest desire – Become consumed!

Hebrews 4:6-10

6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, "Today," after such a long time, as it has been said:

"Today, if you will hear His voice, *(not the enemy)*
Do not harden your hearts."

8 For if Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His. NKJV

- When we live life on empty our hearts can become hard
- When we trust our own efforts we do not enter His Rest
- Receive
 - His Rest
 - His Peace
 - His Strength
 - His Joy