

# REST

**Genesis 2:2-3** *On the seventh day God had finished his work of creation, so he **rested** from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

Hebrew word “Shabbat” is translated “rested” in **Genesis 2:2**, is “to cease or stop.” God had finished creating everything he wanted to create and declared it to be very good.

**Exodus 31:17** *The Sabbath Day is a permanent sign of my covenant with the people of Israel. For in six days the Lord made heaven and earth, but on the seventh day he stopped working and was refreshed.*

We are now in the New Covenant.

## 1. GOD GIVES REST TO HIS PEOPLE

**Hebrews 4:9-11** *So there is a special rest still waiting for the people of God. For all who have entered into God’s rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest.*

When we accept Christ as our Saviour, we enter into his rest from the weight and guilt of sin.

***Ephesians 2:8** “For by grace you have been saved through faith; and that not of yourselves, it is the gift of God.”*

***Matthew 11:28-29** Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.”*

A rest from the burden of religious tradition - a rest from striving and striving and striving to gain approval and acceptance. The salvation we receive through Christ gives us rest.

***Hebrews 4:10** For all who have entered into God’s rest have rested from their labors.*

***John 1:12** Yet to all who received him, to those who believed in his name, he gave the right to become children of God.*

The rest we find through believing in Jesus, brings such love, such approval, such security.

## **2. GOD GIVES REST TO THOSE WHO ARE ANXIOUS**

***Psalms 55:4-8** My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said,*

*“Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm.”*

***Philippians 4:6-7*** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

***Psalms 61:2*** *From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I.*

***Psalms 46:1*** *God is our refuge and strength, an ever-present help in trouble.*

***Hebrews 10:22*** *Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

***2 Corinthians 9:8*** *And God is able to make all grace abound to you so that in all things at all times, having all that you need you will abound in every good work.”*

### **3. GOD GIVES REST TO THE WEARY**

**Mark 6:31-32** *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So, they went away by themselves in a boat to a solitary place.*

**Isaiah 40:30-31** *Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

**Romans 8:11** *The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.*

**Proverbs 11:25** *Generous people will prosper; those who refresh others will themselves be refreshed.*

## **CONCLUSION**

**1 Timothy 1:15** *This is a trustworthy saying, and everyone should accept it: “Christ Jesus came into the world to save sinners”*

We praise Jesus for everything he has done for us and that we can find true rest in Him.

Be encouraged by Paul’s words to Timothy in **1 Timothy 1:19** *Cling to your faith in Christ.*