

THE BLESSINGS OF REST

OCTOBER 14, 2020

Genesis 2:1-3

“Thus the heavens and the earth, and all the host of them, were finished. 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. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

Genesis 2:1-3 NKJV

Exodus 34:21

“Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.”

Exodus 34:21 NKJV

Hebrews 4:8-10

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

Hebrews 4:8-10 NKJV

Matthew 11:28-29

“Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.”

Matthew 11:28-29 NKJV

Exodus 33:14

“And He said, “My Presence will go with you, and I will give you rest.””

Exodus 33:14 NKJV

GOD'S REST IS COMPLACENCY IN HIS WORK!!!

A. Genesis 1:31— “Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.”
Genesis 1:31 NKJV

THE DANGERS OF BUSYNESS

- A. Greatest ENEMY of EXCELLENCE
- B. Little if any time for VISIONEERING
- C. Loss of INTIMACY with God
- D. Lack of FOCUS in making decisions (inability to prioritize)
- E. Burnout

A WELL-RESTED VESSEL IS CAPABLE OF DOING MORE PHYSICALLY, ENDURING MORE EMOTIONALLY, AND HANDLING MORE SPIRITUALLY!!!

A. Tired vessels are weakened vessels—short fuses—inability to think clearly—inability to focus

SO WHAT IS REST???

A. Rest is the enjoyment of a higher life, which is not laborious following emancipation from
bondage

B. Rest is God and man rejoicing in one another, the creature reflecting the glory of the Creator.

Bryan Carter—Eight Areas of Emphases

1. Spiritual
2. Professional
3. Financial
4. House
5. Family
6. Marriage
7. Health
8. Fun

WHAT CHANGES DO I NEED TO MAKE TO BECOME AND REMAIN HEALTHY???

REALIGNMENT BEGINS WITH RESTING IN GOD.

Matthew 6:25-34 (emphasis on 33)

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

