

Five Realities of Rest

June 4, 2023

Colossians 2:6-7, NCV – As you received Christ Jesus the Lord, so continue to live in him. Keep your roots deep in him and have your lives built on him. Be strong in the faith, just as you were taught, and always be thankful.

Psalms 55:6, GNT – I wish I had wings like a dove. I would fly away and find rest.

Main Passage: Exodus 20:8-11, NLT – Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

1. Rest is _____

Romans 1:25, GNT – They exchange the truth about God for a lie; they worship and serve what God has created instead of the Creator himself...

Sabbath means:

Mark 2:27, NLT – [Jesus said,] “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Matthew 12:8, NIV – [Jesus said,] “For the Son of Man is Lord of the Sabbath.”

Psalms 127:1-2, LB – Unless the Lord builds a house, the builders’ work is useless. Unless the Lord protects a city, sentries do no good. It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest.

Matthew 6:31-34, LB – [Jesus said,] “So don’t worry at all about having enough food and clothing. Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father already knows perfectly well that you need them, and he will give them to you if you give him first place in your life and live as he wants you to. So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”

2. Rest is _____

Hebrews 4:9-10, NIV – There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.

I Need Two Kinds of Rest:

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Romans 4:4-5, NLT – When people work, their wages are not a gift, but something they have earned. But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners.

Ephesians 1:4-5, NLT – Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes... This is what he wanted to do, and it gave him great pleasure.

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Mark 6:30-31, NIV – The apostles gathered around Jesus and reported to him all they had done and taught. 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.”

Jeremiah 6:16, GW – Stand at the crossroads and look. Ask which paths are the old, reliable paths. Ask which way leads to blessings. Live that way, and find a resting place for yourselves. But you said that you wouldn’t live that way.

3. Rest helps _____

Isaiah 26:3, NLT – You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

4. Rest is how _____

Colossians 1:29, LB – This is my work, and I can do it only because Christ’s mighty energy is at work within me.

5. Rest is how _____

Matthew 11:28-30, NIV – [Jesus said,] “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”