

## Biblical Rest

Psalm 23, 37:7

Matt 11-25-30

Is. 40:31

Luke 8:22-25

Heb 4

Gen 1

John 17:21-24

Exodus 20:8-11

Most of us in here live busy lifestyles and when we hear the word “rest” we think of lazy Saturday mornings in our jammies or a vacation on the beach in Mexico or intentionally ignoring that project that has been staring us down all summer in the name of a hard week. Rest is so much more than that!

### **God rested first**

The first thing that God did after creating the earth, all of the intricacies that we see around us, the aspen grove, the depths of the sea, the formations and foundations of the earth was REST. It was the first thing he did with us after creating us! In my opinion the start of the journey with man.

This rest idea is SO important to God, so much so that he placed it in the 10 Commandments. (Story of Moses on the mount) In Exodus 20 the sabbath, a practical rest, has the most verses than any other commandment, the second longest is you shall have no other gods before me. Which is no coincidence.

### **Where is your time going?**

Anytime I struggle with rest I am usually struggling with giving my time to other “gods” this can be anything from work, Netflix, family, church,

sins that you struggle with. It's not just bad things, it's good things as well. The Lord doesn't just want a portion of your week, He wants it all.

Think of it in the same way as Jesus talks about other sins. Matt 5 : 21. So take it in the same light. You have heard it to work six days and rest on the seventh, but I tell you strive for nothing, come to me and I will give you rest. Be in relationship with me so deeply that you live in the state of rest.

### **Rest produces growth**

There are many times throughout scripture where rest produces something greater than ourselves. Psalm 23 where after the Lord makes us lie down in green pastures, we are able to walk through the valley without any fear.

In Luke 8:22 out of a practical rest Jesus calms the storm. My dad, in his last moments encountered this reality that rest produces faith. NO Striving And there are more stories throughout like this (Heb 4:10-11 and end of Psalm 95) Rest is a gift from God that we have to practice. If we live in disobedience the Lord can make us not enter His rest. I think there is something to this rest thing.

### **True Rest**

I love Matt 11:25-30. Come to ME and I will give you rest. A portion of true rest is taking on the character of Jesus. "For I am gentle and lowly in heart." HE IS TRUE REST. His yoke is Gentleness and being lowly in heart. Let's think about that practically, my yoke is:

- Pride
- Comparison
- striving
- Fear
- Hate
- Lust
- Offense

That's what I carry on my back throughout my week, when I come home and I am spent in every way I can think back and one of these I gave room to.

When I take Jesus' yoke on that He is Gentle and Lowly in heart, my day transforms. There is no striving, there is no comparison there is no offense. When I encounter this part of Jesus throughout my busy day I am transformed inside and out.

Let's take it a step further and say that we are YOKED WITH JESUS.

I think a tool that can be used to capture this is prayer. 1 Thes 5:17. Pray with out ceasing or in other words keep Jesus in the forefront of your soul and spirit.

I think of Daniel anytime a lifestyle of rest comes up in conversation. We talked about Daniel's Lifestyle a few weeks ago, it was in Fasting, Praying, understanding and godly community. This was the busiest man on earth and Pre-Jesus he knew that resting in the place of prayer was paramount to success. The busiest man in the world in midst of evil, but yet he lived a lifestyle that kept him in the presence of God, I believe a big part of His success was that he knew how to rest in the midst of a crazy world.

True biblical rest is formed out of relationship with Jesus. Being yoked with Him

Things that rest produces:

- Faith
- Humility

My dad was convinced that True Biblical Rest produced faith. Rest has a direct relationship to faith. Complete confidence.

I want to encounter Jesus, I want to see Him move in a powerful way in my life and in this city. I am done striving (John 17:20-24) I want to be yoked to Jesus and His character.

Rest is:

- A state of mind
- Being yoked to JESUS, not just taking on His yoke.
- A consistent prayer life
- An incubator in the spirit