

Work and Rest

A. God worked, then He rested.

“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 2:2-3 (NKJV)

NOTE: Sabbath was not an afterthought of a busy week, it was the very pinnacle of Creation.

B. God created us to work and to rest.

“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.”

Exodus 20:8-11 (NLT)

1. Sabbath is a gift that God knew we needed.

“...Jesus said to them, ‘The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.’” Mark 2:27 (NLT)

2. Sabbath is meant to be a blessing, not a burden.

“Keep the Sabbath day holy. Don’t pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD’s holy day...” Isaiah 58:13 (NLT)

C. Three benefits for setting aside a day of rest:

1. It allows us the opportunity to rest, recharge and be restored.

“Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.” Deuteronomy 5:15 (NLT)

“Give the following instructions to the people of Israel. When you have entered the land I am giving you, the land itself must observe a Sabbath rest before the LORD every seventh year. For six years you may plant your fields and prune your vineyards and harvest your crops, but during the seventh year the land must have a Sabbath year of complete rest...” Leviticus 25:2-4 (NLT)

“...Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.” Isaiah 30:15 (NLT)

Note: Even Jesus needed some time off.

“Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.” Matthew 14:22-23 (NLT)

2. It allows us the opportunity to prioritize and gain perspective.

“This is what the LORD says: ‘Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls...’” Jeremiah 6:16 (NLT)

“Teach us to number our days aright, that we may gain a heart of wisdom.” Psalm 90:12 (NIV)

“As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed them into her home. Her sister, Mary, sat at the Lord’s feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, ‘Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.’ But the Lord said to her, ‘My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.’” Luke 10:38-42 (NLT)

3. It allows us the opportunity to exercise our faith.

"Rest in God alone, O my soul, for my hope comes from Him. He alone is my rock and my salvation; He is my fortress; I will not be shaken. My salvation and my honor rest on God, my strong rock; my refuge is in God. Trust in Him at all times, O people; pour out your hearts before Him. God is our refuge." Psalm 62:5-8 (BSV)

"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money. That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Matthew 6:24-34 (NLT)

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