



Sabbath Sunday
6.30.2024

Rest for you
Rest in you
Rest modeled through the life of Jesus
Rest on you
Eternal rest

REST FOR YOU

Matthew 11:28-29 Come to Me, all you who labor and are heavy laden, and I will give you rest.

- Repent for going to anyone or anything else for our rest!

REST IN YOU

Matthew 11:29 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.

- **Become a student of rest. A student of Jesus. A student of yourself and a student of others. Learn from people in your life who are consistently operating from peace, free from anxiety, who aren't living on edge and hurried but operate from a place of rest.**

REST FOUND IN STILLNESS AND SILENCE IN PRAYER

- **Being still and silent in prayer.**
 - 1. Being still and silent in prayer is an invitation/command.
 - 2. Being still and silent in prayer exposes what voices/noises we have truly been meditating on/giving our attention to as well as what we are avoiding within our own soul. It reveals anxieties, fears, lies, unbelief/doubt that would remain hidden otherwise.
 - 3. Being still and silent in prayer demonstrates that we prioritize hearing from the Lord as much as we prioritize speaking to the Lord. Being still and silent in prayer demonstrates that we actually have an expectation for Him to speak/respond to

us. Prayer is a dialogue, we must practice giving Him a place to speak, deposit and reveal in the place of prayer.

- 4. Being still and silent in prayer gives room for conviction, correction, opening up the door for the necessary grace to repent and yield in areas we have been going in our own direction/understanding. At the same time, being still before the Lord opens up our spirit to receive the affirmation of the Father's voice in love, catalyzing healing and deliverance for the soul, touching our emotions in a powerful way.

Scriptures that support stillness, silence, quietness Zechariah 2:13 Be still before the LORD, all mankind, because he has roused himself from his holy dwelling.

Habakkuk 2:20 "The LORD is in his holy Temple. All the earth—be quiet in his presence."

Ecclesiastes 3:7 A time to tear and a time to mend, a time to be silent and a time to speak

Psalms 46:10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Exodus 14:14 The LORD will fight for you; you need only to be still.

Psalms 37:7 Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

Psalms 62:5 For God alone, O my soul, wait in silence, for my hope is from him.

Job 6:24 Teach me, and I will be silent; make me understand how I have gone astray.

Psalms 131:2 But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

LIFE GOAL

1 Thessalonians 4:11 And to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you.

REST MODELED Jesus' lifestyle of rest

Jesus paid attention to His physical limitations while remaining obedient to the Spirit

John 4:6-7 Now Jacob's well was there. Jesus therefore, being wearied from *His* journey, sat thus by the well. It was about the sixth hour. ⁷ A woman of Samaria came to draw water. Jesus said to her, "Give Me a drink."

Jesus sought solitude to grieve

Matthew 14:13 When Jesus heard *it (about the death of John the Baptist)*, He departed from there by boat to a deserted place by Himself. But when the multitudes heard it, they followed Him on foot from the cities.

Jesus made it a priority to pray in solitude

Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Luke 5:12 But Jesus often withdrew to lonely places and prayed.

- *We shouldn't settle for rest being reactionary but we must aim for a rhythm of rest. What does this look like? It looks like resting before you think you need it. Scheduling rest ahead of time in our weekly calendars. Creating margin in our schedules and not just filling up every hour of the day with activity. Daily it can be setting aside 15 minutes for a walk after lunch, weekly making taking an entire day to rest on your sabbath day, bi-monthly/quarterly taking a long weekend to go recharge (prayer retreat, staying overnight in a cabin, driving to a nearby city you enjoy and just getting away from your typical setting), yearly vacations etc. The goal is intentionality and creating a lifestyle of rest.*
- *Seeing rest as an act of obedience and worship and not just as a solution for burnout. Asking people around us to hold us accountable to rhythms of rest. We were made to work from rest, not to work for rest. We were made to live in the overflow, from a place of abundance, not to operate on just enough.*

Jesus knew when He needed to leave the crowds

Mark 4:36 Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him.

Jesus knew when to tell the disciples to rest and experience solitude

Mark 6:30-32 Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. **31** And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. **32** So they departed to a deserted place in the boat by themselves.

Jesus' rest and solitude was key to His productivity

Luke 6:12-13 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. **13** And when it was day, He called His disciples to *Himself*; and from them He chose twelve whom He also named apostles:

REST ON YOU

1 Cor. 12:8-9 Concerning this thing I pleaded with the Lord three times that it might depart from me. **9** And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

ETERNAL REST

Hebrews 4:9-11 There remains therefore a rest for the people of God. **10** For he who has entered His rest has himself also ceased from his works as God *did* from His. **11** Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

Revelation 14:13 Then I heard a voice from heaven saying ^{to} me, "Write: 'Blessed are the dead who die in the Lord from now on.' "

"Yes," says the Spirit, "that they may rest from their labors, and their works follow them."