

## THE GIFT OF REST

February 3, 2019 Exodus 20:8-11 by Bob Branch  
@REST: Rest and Peace in a Frenzied World, part 1

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**BIG IDEA: Rest is a Gift from God and indispensable for your health as a human being.**

“Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

**Genesis 2:1-3** <sup>ESV</sup>

**God RESTED.**

“...in six days the LORD made the heavens and the earth, and on the seventh day he rested and *was refreshed*.”

**Exodus 31:17**

“They must realize that the Sabbath is the LORD’s gift to you.” **Exodus 16:29** NLT

**Isn’t Sabbath just an OT deal—not for us?**

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

**Exodus 20:8-11** ESV

1. **REMEMBER**—recall, bring to mind.

2. **WORK**—Meaningful Work.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”

**Colossians 3:23-24**

3. **GODWARD**—it is a day of rest “To the Lord.”

4. **REFRAIN**—Cease/forgo/quit/avoid work.

**Why is this so difficult?**

- FOMO.
- We overvalue our work contribution.
- We fear the void...
- We’re people-pleasers
- We don’t know how

5. **REST**—Learn to enter the place of rest.